

Understanding Children and Young People's Mental Health

This popular FREE on-line course is designed to increase knowledge and awareness of children and young people's mental health.

Who is this course for?

People looking for a qualification to help them develop their knowledge of mental health in children and young people, for personal reasons or to support progression onto further qualifications and into relevant employment in the health and social care or education sectors.

Learning outcomes:

- Learn about children and young people's mental health in context
- Explore factors which may affect children and young people's mental health
- Develop your awareness of children and young people's mental health concerns and the impact of these concerns
- Learn how to support children and young people with mental health concerns

Each unit contains an assessment to demonstrate your knowledge of each subject area. Once you successfully complete all units you will achieve a Level 2 Certificate in Understanding Children and Young People's Mental Health.

Unit 1: Understand children and young people's mental health in context

- Understand the concept of mental health
- Know the legislation and guidance that applies to children and young people's mental health
- Understand how society views mental health

Unit 2: Understand factors which may affect children and young people's mental health

- Understand risk factors which may affect the mental well-being of children and young people
- Understand the potential effects of puberty and developmental changes on the mental health of children and young people
- Understand how abuse or bullying may affect the mental health of a child or young person.

Unit 3: Understand children and young people's mental health concerns

- Understand behaviour that is associated with mental health concerns in children and young people
- Understand stress and anxiety in children and young people
- Understand depression in children and young people
- Know about specific mental health conditions that children and young people may experience.

Unit 4: Understand the impact of children and young people's mental health concerns

Understand the impact mental health concerns can have on children and young people
Understand the impact of children and young people's mental health problems on others
Understand the importance of being diagnosed with a mental health problem.

Unit 5: Understand how to support children and young people with mental health concerns

Understand person-centred approaches to supporting children and young people with mental health concerns

Understand how to promote mental well-being in children and young people

Understand services and treatment involved with children and young people's mental health.

Course Duration

15 weeks

Recommended Study

10 hours per week

What Computer software will I need?

To study online you will require the following:

An Internet enabled PC running Microsoft Windows operating system

A Web browser (JavaScript and Cookie enabled)

An active email account

Ability to read and edit MS Word documents (DOC, DOCX) using MS Word or similar word processing software (e.g. LibreOffice). You may need additional software programs for IT courses – please contact us for more information

Adobe Acrobat Reader or a similar PDF reader

Supported Web Browsers

The following web browsers are currently supported.

Internet Explorer 11

Microsoft Edge *

Google Chrome *

Mozilla Firefox *

* Microsoft Edge, Firefox and Chrome follow a continuous release policy. We will support the last 2 major versions of each of these browsers.

Please ensure that your browser has JavaScript and Cookies enabled as this will be required in order to access our e-learning platform and courses. If you are still unsure, you can visit whatismybrowser.com to check your system meets with the minimum requirements.

Entry Requirements

This course is aimed at those 19 years (as at 31st August 2021) and over.

Once we receive your application we will send you an email link to complete your registration.

When applying for one of our free courses you will be asked to supply a copy of your ID, which can be either a passport, driving licence, birth certificate or national identity card. If you were born outside the EU, you must have proof of residency status and you will need to provide a copy for our records. If you have declared you are in receipt of benefits you will also need to provide us with evidence of this.

Please note whilst there is no limit to the number of free courses you can complete, you can only study one free course at a time.

In some instances fully funded applications are subject to postcode eligibility.

What's Next

You may like to consider further on-line courses available via www.gloscol.ac.uk

Your Options

	Start Date	End Date	Course Level
Understanding Children and Young People's Mental Health (Part Time)			
Online	01/08/22	31/07/23	2