

Part time, 21/22

# L2 Understanding Children & Young People's Mental Health

**Course information** (PDF generated at 29/06/2022 02:26:54 am)

[www.sgscol.ac.uk/study/earlyyears/l2-understanding-children--young-peoples-mental-health](http://www.sgscol.ac.uk/study/earlyyears/l2-understanding-children--young-peoples-mental-health)

## Summary

**Please note you may only enrol on one course at a time, however you may enrol on additional courses upon completion of your current course.**

**To meet the funding requirements of this course:**

- You must be aged 19 years or over as of 31/08/2021
- You must have lived in the EU for the last three years
- You must currently reside in England
- If you are aged 19-23 and do not already hold a Full Level 2 Qualification we will need to discuss options with you prior to commencing your course.

**You will need to understand that:**

- This is a Level 2 qualification and a reasonable level of English is beneficial to completing the typical duration of this course is 12 weeks and self-commitment should be made to allow yourself time to provide detailed responses to the assignments.
  - We recommend spending a minimum of 2-4 hours per week on this course
- Course Information

## Course Information

One in ten children have a diagnosable mental health condition, and 75% of mental health problems have begun by the age of 24. Mental ill health can affect a young person in every area of their life, including family, school, friendships, the workplace and the wider world. Mental ill health can be worsened by negative stereotypes and stigma from the media, who portray mental illness as

## Enrol online



shameful and dangerous.

This course will equip learners with a detailed understanding of mental health conditions, including depression and anxiety, the legislation and guidance surrounding mental health, risk factors that may affect mental well-being and how to build resilience against these, and the impact mental health concerns may have on young people and others.

### Who is it suitable for?

This course is ideal for learners who want to increase their knowledge and understanding of children and young people's mental health. This qualification supports progression onto further mental health qualifications and into relevant employment in the health and social care or education sectors.

### What you will learn

This course is split into five manageable units:

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

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

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

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

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

### Benefits of completing this course. You will:

- Gain a nationally recognised qualification
- Improve your skills to help create a long-standing career pathway in your chosen industry
- Choose when and where to study, as courses are delivered as distance learning
- Have the support you need to succeed, as personal tutors are assigned to you.

### **How will I learn?**

You will study via an online platform or if preferred you can have paper booklets to research and to submit your answers.

## Additional Information

With you every step of the way!

- Get more from your online courses, let us help you succeed with bespoke packages led by our dedicated online support team
- Occupational specialists and tutors just a click away to support you
- Access to a free online community for those suffering with adverse mental health, 24 hours a day
- Enjoy incredible discounts while you study with your NUS/Totum student card
- New to online learning? Require additional support? Let us help you with each step you take.

### Department Contact

For more information about this course please email [cpdforcare@sgscol.ac.uk](mailto:cpdforcare@sgscol.ac.uk).