

Level 1 Award in Mental Health Awareness

Course Code:

247/MH/1/001

WHO REQUIRES THIS QUALIFICATION?

This qualification is aimed at anyone wishing to develop an awareness of mental health. With an increase in poor mental health, it is important that individuals understand their own mental health and how common mental health concerns can be identified, with strategies to reduce the risk. This qualification will give learners personal growth and engagement in learning.

Why 24/7 Safety Training?

24/7 Safety Training is the leading provider of regulated compliance qualifications in the UK & Ireland, training thousands of learners every year.

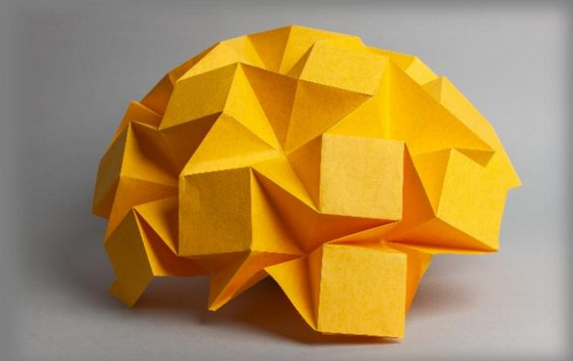
We're extremely proud to be a recognised centre of excellence and offer industry-recognised qualifications that will enhance your career prospects

LEVEL
1

Mental Health Fact Sheet



4-Hour Course



What does the qualification cover?

Topics include:

- ✓ *Be aware of common mental health disorders*
- ✓ *Know how to recognise the causes and impact of stress*
- ✓ *Know how to recognise the causes and impact of common mental health conditions*
- ✓ *Know different ways to manage their own mental wellbeing*

**BOOK
NOW**

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