

Level 2 Award in Awareness of Young People's Mental Health

Mental Health

Fact Sheet



8-Hour Course

Course Code:

247/MH/2/001

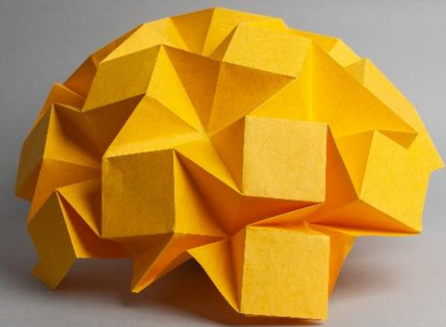
WHO REQUIRES THIS QUALIFICATION?

This qualification provides an awareness of how and why young people are at risk of poor mental health. The qualification is ideal for young people as well as adults that support young people including teachers, support staff, youth workers and parents. 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



What does the qualification cover?

Topics include:

- ✓ Know what is meant by the term 'mental health'
- ✓ Know how to recognise the causes and impact of common mental health conditions
- ✓ Know why young carers are at greater risk of poor mental health
- ✓ Understand how the internet gaming and social media impacts mental health
- ✓ Understand how young people may use harmful strategies to cope with a mental health disorder
- ✓ Know how to recognise and support a young person in suicidal crisis
- ✓ Understand how to improve resilience in young people to support their mental health

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