

NCFE CACHE LEVEL 2 COURSE IN UNDERSTANDING MEN'S MENTAL HEALTH



Aged 19+ at the beginning of the academic year



Lived in the EU for 3 years



Available fully funded

The number of men who have suicidal thoughts has doubled since 2009. Although men are now more likely to see a therapist if they're feeling worried or low, there's still a long way to go to ensure that men are supported with their mental health. This online course, Understanding Men's Mental Health, covers a wide range of different mental health problems that can affect men, including; depression, stress, anxiety and PTSD. You will learn about the signs, symptoms and triggers of poor mental health, as well as the differences in how some mental health conditions present themselves in men and women.

Benefits

- Achieve a nationally recognised Level 2 qualification
- Increase understanding of symptoms and management of stress, anxiety and phobias
- Further your personal and professional development
- Gain a clear understanding of mental health legislation

What you will learn

- Understanding Mental Health
- Understanding Stress
- Understanding Anxiety
- Understanding Phobias
- Understanding Depression
- Understanding Post-Natal Depression
- Understanding Post-Traumatic Stress Disorder
- Understanding Bipolar Disorder
- Understanding Schizophrenia
- Understanding Dementia
- Understanding Eating Disorders
- Understanding Attention Deficit Hyperactivity Disorder
- Understanding Obsessive Compulsive Disorder

Upon completion of this course you will receive the Level 2 Certificate in Awareness of Mental Health Problems.