



CACHE LEVEL 2

# **AWARENESS OF MEN'S MENTAL HEALTH PROBLEMS**





# The Course

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, Awareness of Men's Mental Health Problems, 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



Lived in the EU  
for **3 years**



**Aged 19+** at the  
beginning of the  
academic year



You could study  
this course  
for **FREE!**



**Online**  
paper-based  
delivery

## How to Sign Up

Learners may be eligible for funding which means the course won't cost a thing to complete (subject to eligibility). There is a £125 cancellation fee if a learner enrolls and fails to complete or withdraws early from the course. This fee is to cover administration costs. We may be able to offer extensions if learners are unable to meet the set submission deadline. Please read the declaration on the enrolment form carefully before signing up.

## What happens after enrolment?

1. Submit your enrolment form and get instant access to begin your course
2. We'll process your funding application, and a tutor will be assigned to support you through your course
3. Receive text reminders when your work is due
4. Your work will be marked and returned to you within 7 days
5. Once you've submitted your work, we'll apply for your certificate

## How learners use this course

If you choose to do this Level 2 Course in Awareness of Men's Mental Health Problems, upon completion of this course, you will receive the certificate in Level 2 in Awareness of Mental Health Problems. By completing this course it could lead to careers in Education and Support work. This is especially useful for careers like;

- **Social Work Assistant**  
(£12,500 to £25,000)
- **Mental Health Nurse**  
(£25,654 to £45,838)







### It was a great course...

It was a great course and I felt the information was easy to understand, well displayed and my tutor/assessor was full of information and encouraging feedback.

**Date of experience:** June 2022



### A great opportunity to complete a free course...

A great opportunity to complete a free course during my maternity leave. Very supportive tutor and telephone operators.

**Date of experience:** June 2022



### The tutor was always quick to respond...

The tutor was always quick to respond to any questions I had always helpful. I never felt under pressure and it was great to study at a steady pace. I enjoyed this so much that I am ready to enrol on another course!!

**Date of experience:** June 2022



### Amazing online course...

Fantastic support throughout the course. Learnt so much and well worth doing. Will make my job a lot easier and understand as much as I can what people with Dementia go through on a daily basis.

**Date of experience:** June 2022

