

# Highfield Level 2 Certificate in Mental Health (RQF)

## Who is this qualification for?

This qualification can be taken by learners in any occupation and is not specific to the health or care sector. It is suitable for learners who are likely to come into contact with individuals who may have mental ill health or a diagnosed mental illness in their work or everyday life, including the Police, paramedics, HR staff or social/recreation group leaders. This is a knowledge-only qualification that covers knowledge and understanding in relation to mental health, mental illnesses, signs and symptoms and also how to support those with mental ill-health.

**Learners must complete the one mandatory unit and 10 credits from the optional group**

### Mandatory group

Learners must achieve **the one mandatory unit**

Unit reference	Unit title	Level	GLH	Credit
T/618/3796	Introduction to mental health, mental ill health and wellbeing	2	20	3

### Optional group

Learners must achieve **10 credits from this group:**

Unit reference	Unit title	Level	GLH	Credit
A/618/3797	Introduction to stress and anxiety	2	8	1
F/618/3798	Introduction to post traumatic stress disorder (PTSD)	2	8	1
J/618/3799	Introduction to mood disorders and depression	2	8	1
M/618/3800	Introduction to bi-polar disorder	2	8	1
F/618/3803	Introduction to phobias	2	8	1
J/618/3804	Introduction to self-harm and self-neglect	2	8	1
Y/618/3810	Introduction to psychotic disorders	2	8	1
D/618/3811	Introduction to eating disorders	2	8	1
K/618/3813	Introduction to substance misuse	2	8	1
T/618/3815	Introduction to therapeutic communication and helping skills when supporting those with mental ill health	2	25	3
A/618/3816	Introduction to health and safety and professional conduct for helping those with mental ill health	2	25	3
J/618/3818	Introduction to supporting mental ill health in children and young people	2	20	3
L/618/3819	Introduction to supporting mental ill health in adults with learning disabilities	2	20	3

## Assessment Method

The qualification is assessed by portfolio/e-portfolio of evidence.

## How long will it take?

The total qualification time (TQT) for this qualification is 5 hours and of this 4 are recommended as guided learning hours (GLH).



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