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|  **Level 1 Award: Intro to Mental Health & Wellbeing** (Courses are offered subject to viable numbers.)  |
| This course is for: | Adult learners who:* Have an interest in mental health & wellbeing
* Are supporting a family or friend with mental ill health
* Would like to improve their own knowledge of mental health & wellbeing
* Are interested in working within a Health & Social care setting or supporting people with mental health issues
* Would like to continue with further courses in this area

**As a prerequisite of the qualification, you will attend a one-day introduction to Mental Health & Wellbeing workshop that leads to the 4-week qualification programme**.   |
| What will I learn: | **Introduction to workshop**You will have the opportunity to discuss and set your individual learning targets with your tutor and discuss the support you might need to ensure you have an enjoyable and meaningful learning experience: * Induction
* Initial and diagnostic assessment and setting of personal targets
* What do we mean by mental health?

**Qualification****Know how to take care of own mental health and wellbeing**Identify methods to take care of own mental health and wellbeing. Identify strategies or techniques that can be used to manage common difficult situations. Outline the importance of emotional resilience in maintaining good mental health and wellbeing.**Know how to provide support to family and friends for their mental health and wellbeing.**Identify the signs and symptoms associated with the main types of mental ill health. Identify situations when it is appropriate to provide support and when professional or emergency assistance should be used. Outline ways that an individual can offer support to family and friends with their mental health and wellbeing. Identify how to maintain own mental wellbeing while supporting someone with mental ill health.**Know sources of support for mental health and wellbeing**Identify different sources of support available relating to mental health and wellbeing. Outline the types of support available from different sources. |
| Knowledge and skills needed: | **This is a course for complete beginners and no prior subject knowledge or skills are required** **as this is an Introductory course to mental health and wellbeing. A basic level of literacy will be needed (E3 - L1)**On this course you will need to: * follow verbal and written instructions and work through them at your own pace
* listen and join in group discussions
* jot down notes to record relevant information
* keep your work organised in a file
* use a PC/laptop or tablet for research or to present your work and to access our learning platform
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| Materials needed: | At enrolment, you will need your NI number and proof of benefits (if applicable).Your tutor will provide many of the learning resources, but you will need to come prepared to the lessons with an A4 pad; pen and folder or file to keep your work organised.It will be an advantage, but not essential, if you have access to the internet at home to extend your learning.  |
| How will I learn: | Each session will consist of a dynamic tutor presentation followed by a range of interactive activities. There will be plenty of revision and consolidation and learning will build on previous learning. Your progress will be monitored by informal assessment tasks, and you will receive verbal and written feedback from the tutor to help you make good progress.There is an end of course assessment, for you to gain the qualification. The Assessment is a multiple choice paper of 15 questions. You will have half an hour to complete the Assessment. The pass rate is 60%. The awarding body for this **Level 1 Award – Introduction to Mental Health & Wellbeing** is **Highfield.** |
| Progression routes: | On completion of this course, you can progress to:* Introduction to Counselling (Sefton Community Learning Service – 0151 934 4546)
* Level 2 Award in Awareness of Mental Health Problems ([www.southport.ac.uk](http://www.southport.ac.uk))
* Level 2 Counselling Skills ([www.southport.ac.uk](http://www.southport.ac.uk))
* Access to Higher Education – Social Science ([www.hughbaird.ac.uk](http://www.hughbaird.ac.uk)) – subject to entrance criteria (Maths L2/English L2 or GCSE)
* Functional Skills English and Maths (Sefton Community Learning Service – 0151 934 4546)

Ask your tutor for advice and a copy of the progression ladder.SCLS offers a range of Functional Skills courses from Entry 1 up to Level 2 if you need to brush up your maths and English skills or require a qualification to support you with your career path.Sefton @ Work will be able to provide independent information, advice, and guidance to support you making informed choices for progression into further education, volunteering, or employment. |

July22