



GRŮP COLLEGAU **NPTC** GROUP OF COLLEGES  
Datblygu Busnes  
Business Development

Inspiring Learning,  
Enriching Lives, Delivering Success

# Understanding Support for Mental Health Awareness (Part-Time)

This course will aim to provide knowledge in relation to supporting individuals with mental health.

You will be able to identify common mental health issues and common symptoms.

You will learn self-help techniques to support an individual and provide skills to help someone with a mental health issue.

## Entry Requirements

None. These qualifications are intended for learners over the age of 18 years in a wide range of settings, including other work-based and community settings.

## Career Prospects

CPD

## Assessment

Discussion / short answer questions.

## STUDY MODE

PT

## LOCATION COURSE LENGTH

1 year

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