

Level 2 Certificate in the Principles of the Mental Health Care Worker (Online)

Every year, approximately 1.8 million people receive mental health treatment. With this in mind, it is vital to support mental health care workers to be able to provide ethical, person-centred care to their patients, and in turn, protect their own physical and mental well-being

This course will equip you with a detailed understanding of mental health and mental health issues, the principles of the mental health care worker, approaches to care and management and the duty of care in adult health and social care, and change and support in relation to mental health.

Key information

Level	Level 2
Delivery	Online
Duration	8-12 weeks (can be extended for those with learning difficulties - please discuss)
Timings	Start anytime
Cost	Free, subject to meet entry requirements
Entry requirements	<p>HCUC Apprenticeships and Skills has to give priority to applicants who are in receipt of the four main benefits: Job Seekers Allowance, Employment Support Allowance, Universal Credit, Income Support. Training is free for people with Right to Work in the UK, proof of ID, learners or their spouses must have been a resident in UK/EU for the last 3 years. To be eligible whilst working, those living inside the Greater London Area need to earn less than £21,547.50</p> <p>-You must live in a London borough postcode. If you live outside the Greater London Authority area, we may still be able to fund you – please contact us to find out. Please look up here: GLA Postcode Map: https://www.london.gov.uk/sites/default/files/gla_postcode_map_a3_map1.pdf</p>
Who is it for?	<p>This qualification is aimed at anyone looking to develop their understanding of mental health and the role of the mental health care worker. This qualification covers the skills and knowledge needed to understand approaches to care and management in mental health, the duty of care, and the principles a mental health care worker is required to have. This course is ideal for learners who wish to increase their awareness and understanding of mental health and the role of the mental health worker. Anyone who currently works in the health and social care sector and wishes to progress their career would benefit from this course, as well as anyone who is looking to work in the sector.</p>

This FREE training will help you to:



Become familiar with the common types of mental health problems and illnesses.



Learn about the role and responsibilities of a mental health care worker.



Understand the care planning process and aspects of good practice.



Gain knowledge on duty of care and its importance in health and social care practice.

Benefits:

- Gain a nationally recognised qualification
- Create a long-standing career pathway in a variety of business environments
- Courses are delivered as distance learning, allowing learners to choose when and where to study
- Personal tutors are assigned to ensure learners have the support needed to succeed

Find out more

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- ✉ gstrachan@hcuc.ac.uk
- 🌐 <https://apprenticeships.hcuc.ac.uk/jobseekers/>
- 🐦 @HCUCSkills



Apprenticeships & Skills
Harrow College & Uxbridge College

Course content

Unit 1: Mental Health and Mental Health Issues

In this unit, you will learn about an outline of mental health, including the concept as a whole, including physical and mental well-being, the common types of mental health problems and illnesses, including anxiety and depression, and the legislation and guidance that applies to those with mental health problems, including the Mental Capacity Act and the Care Act.

Unit 2: Principles of the Mental Health Care Worker

This unit will teach you the roles and responsibilities of the care worker, including those in relation to standards and practices, records and legislation and duty of care. You will also learn more about the importance of personal development plans and SWOT analysis in continuous professional development, using feedback, and reducing stress, as well as using the Mental Capacity Act and codes of practice when working in care.

Unit 3: Approaches to Care and Management in Mental Health

Within this unit, you will understand the features of the care planning process, including local standards of care, the stepped approach to care, and key interpersonal skills. You will also learn about aspects of good practice including risk assessments, mental health assessments, and the role of key agency professionals in relation to the care process.

Unit 4: Understand Duty of Care in Adult Health and Social Care

This unit will enable you to understand the importance of duty of care, and how it influences health and social care practice, including whistleblowing policy and legislation. You will also learn about what must happen when a dilemma occurs in relation to the duty of care, recognising and reporting unsafe practices such as staff shortages and unsafe equipment, examining workplace culture and abuse, and what is considered valid consent.

Unit 5: Understand the administration of medication to individuals with dementia using a person-centred approach

In this unit, you will learn about different factors that can cause mental health change to occur, and key areas in which individuals benefit from support. They will also learn how others can support the individual to recover, including unpaid carers, advocates and interpreters, and they will learn about the types of medication and therapy available to manage mental health problems and other resources that are available to support good practice.