



# 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

Coleg Afan  
Coleg Bannau Brycheiniog  
Academi Chwaraeon Llandarcy  
Canolfan Ragoriaeth Adeiladwaith Maesteg  
Coleg Castell-nedd  
Coleg Y Drenewydd  
Coleg Pontardawe  
Canolfan Adeiladwaith Abertawe

Afan College  
Brecon Beacons College  
Llandarcy Academy of Sport  
Maesteg Construction Centre of Excellence  
Neath College  
Newtown College  
Pontardawe College  
Swansea Construction Centre



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