Qualification Factsheet

Qualification overview

Qualification title	**NCFE CACHE Level 2 Award in Mental Health Awareness**		
Qualification number (QN)	603/3794/1		
Total qualification time (TQT)	20	**Guided learning hours (GLH)**	18
Entry requirements	There are no specific prior skills/knowledge a learner must have for this qualification. However, learners may find it helpful if they have already achieved a level 1 qualification.		

About this qualification

This qualification is designed to provide learners with an understanding and awareness of mental health, common mental health disorders and issues, to help reduce stigma and discrimination and encourage people to talk about mental health. Furthermore, the qualification should provide learners with the ability to apply their knowledge of mental health through recognising and responding to the signs of mental ill health in themselves and others and be able to offer mental health first aid to people experiencing mental ill health.

Qualification structure

To be awarded this qualification, learners are required to successfully achieve **two** units from the mandatory units.

Mandatory units

Unit 01 Mental health awareness (D/617/3070)
Unit 02 Mental health first aid (H/617/3071)

Assessment

Internally assessed and externally quality assured portfolio of evidence.

Progression opportunities

Learners who achieve this qualification could progress to the following:

- further education:
  - health and wellbeing qualifications.

Endorsement

This qualification is endorsed by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity).

Contact us

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