

# Health and Social Care

## Certificate in Mental Health Awareness ADULT

**Campus:** North Notts College - Worksop Campus

**Code:** W08AC02

**Level:** 2

**Type:** Part Time

### About This Course

Begin your journey into mental health care with this introductory course. Learn the core concepts of mental health and well-being, including recognising signs and symptoms, managing stress, and understanding coping mechanisms. This course is the ideal stepping stone for anyone looking to work in this vital sector.

### What Will I Study?

Gain essential knowledge of mental health and well-being, covering:

- Mental health awareness and key conditions
- Coping mechanisms and self-care strategies
- Recognising signs and symptoms

### Why Study Here?

Enhance your learning with practical insights and industry-relevant knowledge, including:

- Expert instruction with real-world applications
- Access to comprehensive student support

- Career-focused, hands-on learning

## Entry Requirements

No requirements.

## How To Apply

You can apply using our online application form and clicking the **Apply Now** button at the top of this page.

For more information support with your enquiry or application please contact Student Services by emailing [contact@nnc.ac.uk](mailto:contact@nnc.ac.uk) [mailto:contact@nnc.ac.uk] or by calling **01909 504500**.

## What Courses Can I Progress Onto?

Upon completion of this programme, you can progress onto:

- Level 3 Award in Mental Health

## Tuition Fees

Those aged 19 or over may not need to pay fees depending on their circumstances. Find out if you qualify for help with fees [<https://www.nnc.ac.uk/information/student-support/finance/course-fees/>].

If you need further advice or guidance please contact the Enquiries Team on **01909 504500**.

**PLEASE NOTE**

We make every effort to ensure information within our online course directory is accurate and a true representation of the courses we are offering in 2024-25. However, we do reserve the right to make changes if necessary..

**Last updated:** 7th March 2026