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 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 2027-28. However, we do reserve the right to make changes if necessary..

Last updated: 28th November 2026