Health and Social Care

Award in Mental Health Awareness - ADULT

Campus: North Notts College - Worksop Campus
Code: W08AC04
Level: 1
Type: Part Time

About This Course

Develop your awareness of mental health and gain a better understanding of how mental health difficulties can affect individuals and everyday life. Explore common misconceptions, people's rights, the influence of attitudes and culture, and where to find reliable information and appropriate sources of support. Ideal for adults taking their first steps into the subject, this course can support personal development, workplace awareness or preparation for further study. With one mandatory unit and 3 credits, it provides a strong foundation for progressing onto the Level 2 Certificate in Mental Health Awareness.

What Will I Study?

Explore a range of topics, including:

• Mental health and mental ill-health • Personal and social effects • Responses, rights and support • Cultural diversity and access

Why Study Here?

While studying, benefit from: • Expert instruction with real-world applications • Access to comprehensive student support • Career-focused learning • Flexible learning options

Entry Requirements

To qualify, students must: • Be aged 19 or over • Demonstrate a willingness to learn • Be able to complete introductory tasks in English • Meet the college's suitability and funding eligibility 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, you could progress onto: • NCFE CACHE Level 2 Certificate in Mental Health Awareness • Level 2 Award in Awareness of Dementia • Further study in helping skills • Further learning about working with people who have mental health needs • Other relevant health and social care courses

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.

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

Last updated: 28th November 2026