



Excelon
Learning

Qualification

Level 2 Certificate in Awareness of Mental Health Problems (601/3438/0)

NCFE





Course Description

The **Level 2 Certificate in Awareness of Mental Health Problems** is a knowledge-based qualification designed to develop learners' understanding of mental health and the range of problems that can cause mental ill-health. It provides a strong foundation for raising awareness, reducing stigma, and understanding how mental health problems can affect individuals in everyday life.

This qualification is regulated under the **Regulated Qualifications Framework (RQF)** and is suitable for learners with no prior experience or background in mental health. It focuses on awareness and understanding rather than professional diagnosis or clinical practice, making it appropriate for personal development, workplace learning, and progression into further health or wellbeing-related study.

Course Structure

The Level 2 Certificate in Awareness of Mental Health Problems consists of 13 mandatory units:

UNIT 01 Understanding Mental Health

UNIT 02 Understanding Stress

UNIT 03 Understanding Anxiety

UNIT 04 Understanding Phobias

UNIT 05 Understanding Depression

UNIT 06 Understanding Postnatal Depression

UNIT 07 Understanding Bipolar Disorder

UNIT 08 Understanding Schizophrenia

UNIT 09 Understanding Dementia

UNIT 10 Understanding Eating Disorders

UNIT 11 Understanding Attention Deficit Hyperactivity Disorder (ADHD)

UNIT 12 Understanding Obsessive Compulsive Disorder (OCD)

UNIT 13 Understanding Post-Traumatic Stress Disorder (PTSD)



How We Support You – Our Support and Delivery Model

Our courses are designed to be accessible, supportive, and suitable for learners at all levels. All learning materials are written in clear, straightforward language to help learners build understanding and confidence.

Courses are delivered entirely through **self-paced distance learning** via our online platform, enabling learners to study flexibly alongside work, education, or personal commitments.

Learners have continuous access to tutor support throughout their course. Tutors can be contacted via the VLE or email, with responses typically provided within 24 to 48 hours.

Additional **on-demand support sessions** may be arranged where required. Regular **live webinars** are also offered, subject to tutor availability, providing opportunities for engagement, questions, and reinforcement of learning.

Assessment Process

Assessment is completed through:

Written assignments

There are **no formal examinations**. Assessment focuses on demonstrating understanding, awareness, and the ability to apply knowledge appropriately.

Course Duration

The course offers **160 Guided Learning Hours (GLH)** and is delivered through flexible, self-paced learning. It can typically be completed within approximately **4 months**, depending on the learner's own pace. Course access expires after one year, and a re-enrolment charge is applicable.



Our Process

01.

Choose & Pay for Your Course Online

Select your desired course and payment method online. Opt for either full payment or convenient monthly instalments where available. Complete your payment after filling out the application form.

02.

Fill Out the Enrolment Form

After payment, you will be prompted to complete the enrolment form. This form gathers all necessary details required for your registration with the awarding organisation.

03.

Access the VLE – Moodle

Start your course on our user-friendly Virtual Learning Environment (VLE). Here, you will find all learning materials, resources, and guidance required to support your studies. Your dedicated tutor will guide you through the process and provide feedback throughout your learning journey.

04.

Submit Assignments & Receive Feedback

Engage in the learning process by submitting assignments through the VLE. Your assigned tutor will provide constructive feedback to help you refine your work and make progress in your studies.

05.

Successfully Complete Assignments

Work diligently to complete all required course components and assessment tasks. Your commitment and effort will contribute to successful course completion.

06.

Obtain Your Accredited Certificate

Upon successfully completing the course, your work will undergo internal quality assurance and external verification. Once approved, you will receive an Ofqual-regulated accredited certificate recognising your achievement.



Course Brochure Takeaways

A nationally
recognised Level
2 Diploma
qualification

Develops
awareness and
understanding
of mental health
and mental
ill-health

Covers a wide
range of mental
health conditions

Flexible online,
self-paced
study

No exams or
placement
requirements

Provides a
strong foundation
for further study in
mental health, health
and social care, or
wellbeing-related
pathways

Level 2 Certificate in Awareness of Mental Health Problems

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