

## Level 2 Certificate in Understanding Childrens and Young Peoples Mental Health

Location	Online
Course Type	Adult
Department	Childcare & Education
Start Date	Friday 1st August 2025
Duration	Part-time, 1 Year
Time	09:00 - 21:00
Fee	£ 405.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	XPQ-AH2C-1200

### Course Overview

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Our comprehensive Level 2 Children and Young People's Mental Health course provides an overview of various mental health conditions and equips learners with effective ways to support children and young people. From anxiety and depression to cyberbullying and more, this course covers a wide range of topics and is essential for any adult concerned about the mental health of a child or young person in their care.

This course is perfect for individuals who work with or care for children and young people, such as teachers, social workers, youth workers, and healthcare professional. In addition this course may also be beneficial for parents that are looking to get a better understanding of how they can support and protect their child's mental well-being.

A Level 2 Children's Mental Health course provides you with the necessary knowledge and skills to identify and address mental health issues among children and young people effectively.

For many professionals caring for a large number of children the ability to recognise early warning signs and provide appropriate support can make a significant difference in each child's life.

### Course Requirements

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No previous training or experience is required for this programme, but you must be over 19 on the 31 August before the course start date.

## What You Will Learn

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You will learn about best practices for effective communication with children and young people, early intervention strategies, and the role of different professionals and services in mental health care.

This course will equip you with a nationally recognised qualification that can enhance your employability in a range of settings, from education to healthcare and social care. It's the perfect step to becoming a knowledgeable and compassionate advocate for children and young people's mental health within your workplace.

## Assessment

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This course will be delivered remotely with live lectures and support sessions schedule for a total of 4.5 hours a week for 12 consecutive weeks from the course start date. Within these sessions there will be tutor delivery, question and answer, discussion, group work tasks and individual tasks.

All units will be internally assessed using a range of tasks including electronic workbooks, and tasks such as designing a leaflet or poster. Resources will be available online to support you with this.

It is expected that you will complete a minimum of 3 hours independent study, each week, outside of the class to complete the assessment tasks which take the form of electronic workbooks.

## Progression

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This qualification is suitable for anyone looking to increase their knowledge of children and young people's mental health.

The specialist knowledge it provides will enhance your employment opportunities as well as support progression to related further study.

There may be opportunities to progress to the NCFE CACHE Level 3 Certificate in Understanding Mental Health.

In addition, this qualification will support many roles including:

residential support worker

care assistant

mental health support or a clinical support worker

childcare practitioner

teaching assistant

teachers

pastoral support workers.

## Career Options

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Completing a Level 2 Certificate in Understanding Children's and Young People's Mental Health is a significant step toward gaining knowledge in the field of child and adolescent mental health. While it may not qualify you for clinical practice, it can open up various career options and roles that involve supporting the mental health and well-being of young individuals. Here are some potential career paths and opportunities you can consider after completing such a course:

**Youth Mental Health Support Worker:** Work directly with children and young people to provide emotional and practical support, helping them manage their mental health and well-being.

**Youth Counsellor:** Offer counselling and therapeutic support to children and young people who are experiencing mental health challenges.

**School Mental Health Coordinator:** Collaborate with schools to develop and implement mental health programs and support services for students.

**Youth Outreach Worker:** Engage with at-risk youth in the community, building relationships and connecting them with essential resources and services.

**Community Support Specialist:** Assist children and young people with mental health needs in accessing community-based services and resources.

**Residential Youth Care Worker:** Work in residential facilities that provide care and support to young people with mental health concerns.

**Child and Adolescent Mental Health Advocate:** Advocate for the rights and well-being of young individuals, providing information and support.

**Family Support Worker:** Assist families in need, with a focus on the well-being and development of their children.

**Educational Assistant:** Support students with mental health challenges in schools, helping them succeed academically and emotionally.

**Social Services Assistant:** Provide support to social workers, counsellors, or therapists working with young clients and their families.

**Mental Health Awareness Trainer:** Deliver training and workshops on children's and young people's mental health for schools, organisations, or community groups.

**Youth Program Coordinator:** Plan, implement, and manage youth programs that address mental health and well-being.

**Youth and Community Development Specialist:** Contribute to community development initiatives with

an emphasis on the mental health of young people.

Further Education: Use the Level 2 Certificate as a stepping stone to more advanced education and training in fields like social work, counselling, or youth development.

Continuing education and gaining practical experience are important for career advancement in the field of children's and young people's mental health. The ability to empathise, communicate effectively, and build strong relationships with young individuals is crucial in these roles.

## **Mandatory Units**

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- 1 - Understand Children and Young People's Mental Health in Context
- 2 - Understand Factors which may Affect Children and Young People's Mental Health
- 3 - Understand Children and Young People's Mental Health Concerns
- 4 - Understand the Impact of Children and Young People's Mental Health Concerns
- 5 - Understand how to Support Children and Young People with Mental Health Concerns

## **Contact Details**

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## **Disclaimer**

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.