

# Level 2 Award Mental Health Awareness (Online)



WEEK	ASSIGNMENT TITLE	STUDY MATERIALS	ACTIONS <i>(Check off each action once complete)</i>	HELPFUL TIPS
1	<p><b>Unit 1 Mental Health Awareness</b></p> <p>2-hour Pre-recorded workshop covering the following areas:</p> <ul style="list-style-type: none"> <li>• Understanding mental health</li> <li>• Understanding mental health disorders</li> <li>• Risk factors associated with mental health</li> <li>• Common treatments and interventions used to manage mental health and mental ill health</li> <li>• Understanding the support and advice available for mental ill health</li> </ul>	<p>Level 2 Award in Mental Health Awareness Workbook</p>	<p>Revise for Unit 1 exam using the manual.</p>	<p>If you would like to learn more about the topics covered in the session today, please look at the following link:</p> <p><a href="https://www.nhs.uk/every-mind-matters/">https://www.nhs.uk/every-mind-matters/</a>.</p>
2	<ul style="list-style-type: none"> <li>• <b>Complete Unit 1</b> online Assessment – Multiple choice online exam on Cirrus platform</li> </ul>	<p>Level 2 Award in Mental Health Awareness Workbook</p>	<p>Book your exam with <a href="mailto:admin@fitasylum.co.uk">admin@fitasylum.co.uk</a> stating exam, date, and time. Please give 48 hours for booking of exam.</p>	

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<p><b>3</b></p>	<p><b>Unit 2 Mental Health First Aid</b></p> <p>2-hour Pre-recorded workshop covering the following:</p> <ul style="list-style-type: none"> <li>• Recognise the signs of mental ill health</li> <li>• Providing initial help to a person experiencing mental ill health</li> <li>• Escalating situations when a person may be at risk of harm to themselves or others</li> <li>• Mental health first aid for specific mental health disorders</li> <li>• Listening and communicating in a non-judgemental way</li> <li>• Signposting appropriate sources of help</li> <li>• Promoting good mental health</li> </ul>	<p>Level 2 Award in Mental Health Awareness Workbook</p>	<p>Revise for Unit 2 exam using the manual.</p>	<p><a href="https://www.mentalhealthatwork.org.uk/organisation/mental-health-first-aid-england/">https://www.mentalhealthatwork.org.uk/organisation/mental-health-first-aid-england/</a></p>
<p><b>4</b></p>	<p>✓ <b>Complete Unit 2</b> online Assessment – Multiple choice online exam on Cirrus platform</p>	<p>Level 2 Award in Mental Health Awareness Workbook</p>	<p>Book your exam with <a href="mailto:admin@fitasylum.co.uk">admin@fitasylum.co.uk</a> stating exam, date, and time. Please give 48 hours for booking of exam.</p>	

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**NOTES**

End Point Review of Course and Exit review with Tutor