



Understanding Different Mental Health Conditions

Understanding Different Mental Health
Conditions - Online Training Course -
CPDUK Certified



Corporate
Member

The CPD Certification Service



OVERVIEW

Welcome to The Mandatory Training Group's online Understanding Different Mental Health Conditions training course. All our online training courses, programmes and qualifications are accredited by the CPD Certification Service (CPDUK).

Every week in the UK, 1 in 6 people (17%) over the age of 16 experience signs of mental health issues such as anxiety or depression. Also, 3.4% of adults in the UK believe that in their lifetime, they have experienced a mental health problem.

This Understanding Different Mental Health Conditions eLearning course aims to give learners an understanding of common mental health conditions and their causes, signs and symptoms, the impact of these on the day to day life of the person experiencing the condition and those close to them and the sources of support available.

Understanding Different Mental Health Conditions - E-Learning Course - CPDUK Accredited

- ♦ Study method – Online, self-paced
- ♦ Estimated duration (Indicative CPD hours) – 2 hours
- ♦ Course format – Online (24/7 access)
- ♦ Entry requirements – no prerequisites required
- ♦ Assessment type – Complete end of course assessment (80% needed to pass and gain CPD certificate)
- ♦ Certification/Qualification – Downloadable CPD certificate
- ♦ Cost(s) of assessment and certification – Assessment and certification costs included in the course price
- ♦ Course accreditation – CPD Certification Service (CPDUK)
- ♦ Course access – Part-time (1-year access)
- ♦ Course delivery – via desktop PC/MAC, laptops, tablets or smartphones.

Who is the course for?

This Understanding Different Mental Health Conditions e-learning course is suitable for anyone with an interest in developing their knowledge and understanding of different mental health conditions on a personal and/or professional basis.

Course aims

The aim of this online Understanding Different Mental Health Conditions training course is to give learners an understanding of common mental health conditions including the causes, signs and symptoms, the impact of these on the day to day life of the person experiencing the condition and those close to them and the sources of support available.

Learning outcomes

On completion of this online Understanding Different Mental Health Conditions training course, the learner will be able to:

- ◆ Define what is meant by:
 - ◆ Stress
 - ◆ Anxiety and panic attacks
 - ◆ Depression
 - ◆ Eating disorders
 - ◆ Post-traumatic stress disorder
 - ◆ Obsessive-compulsive disorder
 - ◆ Self-harm
 - ◆ Phobias.
- ◆ Explain the causes of common mental health issues.
- ◆ Describe the feelings, signs and symptoms which are commonly experienced by individuals living with different mental health conditions.
- ◆ Describe the impact of different mental health conditions on the person and their day to day life.
- ◆ Describe the impact of the conditions on those close to the person living with the mental health condition.
- ◆ Describe available treatments for different mental health conditions.
- ◆ Describe different sources of help and support for individuals living with different mental health conditions.
- ◆ Describe ways individuals living with mental health conditions can use self help methods to manage their condition.

What is covered in this course?

This online Understanding Different Mental Health Conditions - CPD Course includes the following:

Introduction

- Why is this course important?
- Learning outcomes

Session 1 - What is stress?

- Causes of stress
- Feelings, signs and symptoms of stress
- Impact of stress on the person and those close to them
- Treatments, sources of support and self-help

Session 2 - What is anxiety?

- Causes of anxiety
- Feelings, signs and symptoms
- Panic attacks
- Impact of anxiety on the person and those close to them
- Treatments and sources of support
- Self-help
- Depression
- Causes of depression
- Impact of depression on the person and those close to them
- Feelings, signs and symptoms
- Treatments, sources of support and self-help

Session 3 - Post-traumatic stress disorder (PTSD)

- Causes of PTSD
- Feelings, signs and symptoms
- Impact of PTSD on the person and those close to them
- Treatments, sources of support and self-help
- Support groups for those who have PTSD .

Session 4 - Obsessive-compulsive disorder (OCD)

- OCD - Definition and causes
- Feelings, signs and symptoms
- Impact of OCD on the person and those close to them
- Treatments, sources of support and self-help.

Session 5 - Self-harm

- Causes of self-harm
- Signs and symptoms of self-harm
- Understanding self-harm
- Impact of self-harm on the person and those close to them
- Treatments, sources of support and self-help.

Session 6 - Phobias

- Causes of phobias
- Understanding phobias
- Impact of phobias on the person and those close to them
- Treatments, sources of support and self-help.

Session 7 - Reflections.

- Learning outcomes
- References and resources.

Why is this online Understanding Different Mental Health Conditions - E-Learning Course essential?

Mental health conditions affect many people in the UK every year:

- Every week in the UK 1 in 6 people (17%) over the age of 16 experience signs of mental health issues such as anxiety or depression (Mental Health Foundation 2016).
- 3.4% of adults in the UK believe in their lifetime they have experienced a mental health problem (Mental Health Foundation 2016).
- 6.4% of people in England have experienced symptoms of an eating disorder (NHS Digital 2018).
- 24% of women and 13% of men in England are diagnosed with depression in their lifetime (NHS Digital 2018).

[Click Here to Buy this Course](#)



Mandatory
Training Group

★ ← →
Learn. Develop. Comply

HOW IT WORKS

Instant Access

- Gain instant access to your course(s) upon purchasing through our website
- Login credentials are sent immediately to the customer to the email address provided during the checkout process
- We also advise all customers to check their spam and junk mail folders in case your mail server has diverted the email there

Online Support 24/7

- Customer service teams interact with clients through email and live chat support.

Refund policy

- To request a refund, you should email our support team with your receipt stating why you would like to be reimbursed.
- You, or your learners, must not complete the training to make a valid refund claim.
- Any courses that have been completed and those with certificates achieved will not be valid for a refund.

Learn Anytime, Anywhere, On Any Device

- Learn at your own pace, at a time and place convenient to your circumstances
- Individual learners can access their course material(s) 24/7 for 365 days from the date of purchase
- In the case of organisations that order multiple licences for future use, the countdown will start when learners are allocated to the training course(s)

Assessment and Certification

- Unlimited attempts to complete end of course assessments
- On successful completion, download, print/save quality assured CPD certificate

100% Money Back Guarantee

- We want you to be completely satisfied with your training. We offer a 14-day money-back guarantee if you are not 100% satisfied.

[Click Here to Buy this Course](#)

ACCREDITATION

End of course assessment

At the end of this course, learners are required to complete an online end of course assessment. On successful completion of the assessment (80% pass mark), learners may download a FREE CPD certificate from their profile page.

Certification

On successful completion of this e-learning course and end of course assessment, the learner may download, save and/or print a quality assured CPD certificate (recognised internationally). Our CPD certificate can be used to provide evidence for compliance and audit or Continuing Professional Development (CPD).

Course accreditation

The CPD Certification Service accredits all our online training courses and programmes as conforming to universally accepted Continuing Professional Development (CPD) guidelines.



The image shows a large rectangular badge with a dark blue border. On the left, there is a logo for 'Mandatory Training Group' featuring the letters 'CPD' in a stylized font with a checkmark, and the text 'Mandatory Training Group' below it. To the right of this logo, the text 'Corporate Member' is written in a large, bold, blue font. Below 'Corporate Member', it says 'The CPD Certification Service' in a smaller blue font. Further to the right, there is another logo for 'CPD CERTIFIED' with 'The CPD Certification Service' and 'Collective Mark' below it. At the bottom of the badge, the text 'CPD UK Corporate Membership Number- 11177' is displayed.

CPD
Mandatory Training Group

Corporate Member
The CPD Certification Service

CPD CERTIFIED
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Collective Mark

CPD UK Corporate Membership Number- 11177

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Mandatory Training Group

WHY CHOOSE OUR ACCREDITED E-LEARNING COURSES?

The benefits of using our accredited e-learning courses in the workplace include:

- CPDUK accredited e-learning provider
- Ofqual approved training centre (UK qualifications)
- Internationally recognised CPD and Ofqual approved certificates
- Wide range of courses and qualifications that meet UK legislation and guidelines
- Over 500 online courses and programmes that cover multiple sectors
- Free blended learning environment for individuals and organisations
- Immediate access to online courses and programmes
- Highly interactive e-learning portal
- Substantial cost reductions (no travel fees and other expenses)
- Self-paced online learning
- Low carbon footprint through e-learning
- Repository of online learning materials and assessments
- Fully qualified and experienced trainers, instructors and assessors
- Experienced subject matter experts and content developers
- Conversion of existing classroom courses to e-learning courses
- All training courses meet the latest guidance and best practice recommendations.



Civility in the Workplace Training Course for Global Executives

"YPO is the premier global leadership organisation for more than 28,000 chief executives in over 130 countries and the global platform for them to engage, learn and grow. We approached The Mandatory Training Group to develop an online training programme focusing on improving workplace civility. Their team developed excellent learning materials tailored to our organisational needs. With their support, we rolled out the civility in the workplace training programme to over 300 executives around the world."

Nicolle Billmyre, YPO, Texas, USA



City and Hackney

Clinical Commissioning Group

Counter Fraud, Bribery and Corruption Training for NHS Providers

"NHS City and Hackney Clinical Commissioning Group (CCG) is an NHS organisation led by local GPs. The Mandatory Training Group provided us with tailored courses focussing on tackling fraud, corruption and bribery for all our staff across various sites. The e-learning courses helped us to meet statutory and regulatory requirements".

Harriet Griffiths, NHS City and Hackney CCG, London, UK



Accredited Training Courses, Programmes and Regulated Qualifications

"Reed is the largest platform for jobs, recruitment and courses in the UK. The Mandatory Training Group is one of our most trusted providers of continuing professional development (CPD) programmes and regulated qualifications. They have provided us with a wide range of learning materials ranging from soft skills, personal development, health and safety, among others. These courses help many job seekers to improve their skills and comply with the current UK and European laws".

Mansh Bhatti, Reed Courses, London, UK

"When we set up our business, we were looking for a reliable training provider for the healthcare multi-disciplinary team (MDT). We worked with The Mandatory Training Group to establish our training needs for each group of professionals. Their experience was invaluable, helping us to design new courses and assessments to meet the commissioners' and regulatory requirements".

Anne Joy, OSD Healthcare, Hemel Hempstead, UK



Healthcare choice for **everyone** Statutory and Mandatory Training for Healthcare Providers

"All our senior clinicians were delighted with the delivery of the mandatory training courses. They found the course leaders to be very flexible with allocating more time to certain areas at request. The course contents that LearnPac had designed were tailored to our workforce, which helped them improve their understanding of the subjects. The application of legislative concepts to practice was excellent".

Sophie Hartley-Jones, OneHealth Group, Sheffield, UK



Online Training and Development for the Public Sector

"We work with various public sector organisations. Statutory and mandatory training is essential for all our placements. We used LearnPac for the blended learning environment they provide for our staff. The online statutory and mandatory training courses adequately meet our regulatory requirements. LearnPac's learning management system enabled us to manage our learners and quickly sort out compliance for our workers. The flexibility of pricing and meeting our needs with the mandatory training was beneficial."

David Sanchez, Eden Brown Synergy, London, UK



Blended Train the Trainer Courses for Healthcare Providers

"We were looking to provide resuscitation and first aid training for clinical and non-clinical staff internally. The Mandatory Training Group stood out because they provide comprehensive blended learning solutions. Our internal trainers and facilitators were able to complete the theory training and assessments in advance. The practical sessions were packed with meaningful activities throughout the day. The lead trainers also helped us to complete training needs assessments".

Kate McLoughlin, Nuffield Health, Bournemouth, UK

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LEARN. DEVELOP. COMPLY.

The Mandatory Training Group is the leading UK provider of accredited statutory and mandatory training courses for all sectors, including health and social care, education, local government, private and charity sectors.

We have supported over one million learners to reach their potential through e-learning courses and qualifications using our interactive online learning portal.

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