Qualification Specification

603/4694/2

iCQ Level 2 Certificate in Mental Health Awareness

Qualification Details

Title :	iCQ Level 2 Certificate in Mental Health Awareness
Awarding Organisation :	iCan Qualifications Limited
Fees Price List Url :	https://icanqualify.net
Qualification Type :	RQF
Regulation Start Date :	31 May 2019
Offered In England :	Yes
Total Credits :	14
Total Qualification Time :	140
Guided Learning Hours :	115
Overall Grading Type :	Pass
Assessment Methods :	Portfolio of Evidence
Structure Requirements :	To achieve this qualification, learnes must complete all units (14 credits).
Age Ranges :	Pre-16: Yes; 16-18: Yes; 19+: Yes
Qualification Objective :	This knowledge only qualification is designed for learners who want to develop their understanding of medication administration and how to handle this safely. Learners will develop knowledge of the procedures for obtaining, storing, administering and disposing of medicines, medicine related legislation, audit processes and issues of responsibility and accountability.
Qualification Type :	Occupational Qualification
Entry Requirements :	There are no entry requirements for this qualification

Qualification Specification

603/4694/2

iCQ Level 2 Certificate in Mental Health Awareness

Rules of Combination (ROC)

Group Name	Mandatory	#Units	Minimum Units	Maximum Units	Minimum Credits	Maximum Credits
M) Mandatory Units	**Yes**	5	5	5	14	14

Group M Mandatory Units

URN	Title	Level	GLH	Credit
A/617/6476	Understand specific mental health complications	2	25	3
F/617/6477	Understand the effects of poor mental health on an individual	2	25	3
K/617/6473	The principles of mental health awareness	2	25	3
M/617/6474	Understand how to support individual experiencing mental health problems	2	25	3
T/617/6475	Understand laws and legislation related to mental health	2	15	2

Unit: A/617/6476 : Understand specific mental health complications

Understand the types of mental health problems	
Actions - The candidate must	
1	Outline the meaning of a) Phobia b) Depression c) Post-natal depression (including baby blues) d) Bipolar disorder e) Schizophrenia f) Dementia g) Eating Disorder h) Agoraphobia
Understand the different signs and symptoms of common mental health problems	
1	Describe the signs and symptoms associated with a) Phobia b) Depression (difference between feeling low and clinical depression) c) Psychotic depression d) Post-natal depression e) Bipolar disorder (manic and depressive episodes) f) Schizophrenia g) Dementia h) Eating Disorder i) Agoraphobia j) Puerperal psychosis
2	Describe how the following make a person feel a) Phobia b) Depression (difference between feeling low and clinical depression) c) Psychotic depression d) Post-natal depression e) Bipolar disorder (manic and depressive episodes) f) Schizophrenia g) Dementia h) Eating Disorder i) Agoraphobia j) Puerperal psychosis
Understand the risk factors of common mental health problems	
1	Outline possible causes and risk factors of a) Phobia b) Depression c) Post-natal depression d) Bipolar disorder e) Schizophrenia f) Dementia g) Eating Disorder
Understand the impact of mental health problems on an individual's wellbeing and lifestyle	
1	Describe how each condition may affect a person's wellbeing and their life a) Phobia b) Depression c) Post-natal depression d) Bipolar disorder (manic and depressive episodes) e) Schizophrenia f) Dementia g) Eating Disorder h) Agoraphobia
2	Explain how an individual experiencing a mental health condition may be affected by others' actions a) Phobia b) Depression c) Post-natal depression d) Bipolar disorder (manic and depressive episodes) e) Schizophrenia f) Dementia g) Eating Disorder
Understand how postnatal depression may affect the bond between the mother and baby	
1	Explain how postnatal depression may affect the bond between the mother with her baby
2	Describe how preparations before birth may reduce post-natal depression
Understand the four main common types of dementia in England	
1	List the four most common types of dementia currently in England
2	Describe the four most common types of dementia currently in England
Understand common eating disorders and how they may affect an individual	
1	Identify the most common eating disorders
2	Explain how you can support a person with an eating disorder
3	Describe how you can manage the care of a person with an eating disorder

Unit: F/617/6477 : Understand the effects of poor mental health on an individual

Know how mental health problems can impact on an individual	
Actions - The candidate must	
1	Describe the impact of mental health problems on a person's day to day living
Understand how stress, anxiety and panic attacks affect an individual managing their mental health needs	
1	Define the terms a) Stress b) Anxiety c) Panic attack
10	Describe how personality and life experiences can affect their own levels of anxiety and ways they cope with this
2	List the triggers and the potential responses to a) Stress or distress b) Anxiety c) Panic Attack
3	Outline the ways in which stress can affect an individual in a positive and negative way
4	Outline the ways in which anxiety can affect an individual
5	Identify how internal and external factors and demands in daily life may impact on a person's ability to cope with stress
6	Outline what a negative thinking cycle is
7	Describe the different methods a person can use to cope with levels of stress in their daily life
8	Describe the different methods a person can use their levels of anxiety
9	Describe positive activities which may support a person to manage their level of stress and anxiety
Understand self-management of stress and anxiety	
1	Describe how to support individuals to continue their interests, social life and community involvement and know why this is important
2	Explain why it is important for an individual to continue their interests, social life and community involvement
3	Identify situations which may result in stress and/or anxiety describe how these were overcome
4	Describe how situations that result in stress can be overcome
5	Identify situations where fear may be experienced
6	Describe how to overcome situations where fear may be experienced

Unit: K/617/6473 : The principles of mental health awareness

Understand mental health	
Actions - The candidate must	
1	1.1 Define the terms a) mental well-being b) mental health c) mental ill-health
2	Identify the factors that promote and protect mental health and well-being
3	Identify the causes of mental health conditions
4	Describe the biological, psychological and social aspects of a person's mental health may affect how the condition is identified, triggered and continues
5	List social, personal and economic effects of mental ill-health
Understand the impact of mental health care provision and how this has changed over time	
1	Define approaches to the prevention of mental health problems
2	Explain how mental health care has been perceived and approached historically
3	Explain how mental health care in England has changed over time
Understand the social context of mental illness	
1	Identify attitudes and perceptions to mental health problems (including schizophrenia) a) Socially b) Culturally c) In the media
2	Explain the stigma, myths and stereotypes associated with mental health
3	Explain how stereotyping can increase stigma and negative attitudes towards people experiencing mental health problems

Unit: M/617/6474 : Understand how to support individual experiencing mental health problems

Understand strategies and self-help techniques to manage mental health problems	
Actions - The candidate must	
1	1.1 Explain the different strategies and self-help techniques an individual experiencing the following conditions could use a) Managing their phobias b) Postnatal depression c) Bipolar disorder d) Schizophrenia
Understand how mental health conditions can affect others	
1	Describe the importance of families, carers, friends and social networks for individuals experiencing mental health problems in managing their conditions, including a) an individual with dementia b) an individual experiencing schizophrenia c) an individual bipolar disorder
2	2.2 Outline ways that the following conditions may affect the individual's friends and family networks when caring for them: a) Anxiety b) Depression c) Postnatal depression d) Bipolar disorder e) schizophrenia f) dementia g) eating disorder h) phobia
Know the medical and non-medical interventions available to support an individual with mental health problems	
1	Identify a range of possible medical and non-medical interventions to support an individual experiencing these conditions a) Eating disorders b) Dementia c) Schizophrenia d) Bipolar disorder e) Phobias f) Depression g) Psychotic depression h) Postnatal depression
Understand the role and availability of support for an individual with mental health problems	
1	Define the role of self, others and support services in a) promoting positive mental b) helping the individual cope with stress c) recovering from an eating disorder
2	Define local mental health and wellbeing resources and treatments that can support individuals with different mental health conditions including a) anxiety b) a phobia c) depression d) post-natal depression e) bipolar disorder f) schizophrenia g) dementia h) eating disorder
3	Explain the process to be followed when signposting individuals who experience mental health problems, their families and carers for further help, resources or guidance about mental health problems

Unit: T/617/6475 : Understand laws and legislation related to mental health

Understand the legal context of mental health	
Actions - The candidate must	
1	Identify the legislation relevant to mental health
2	Describe how legislation affects the care provided
Know the rights of individuals with mental health problems	
1	Explain the rights of people experiencing mental health problems
2	Describe the rights of a person with under the a) Mental Capacity Act 2005 b) Mental Health Act 2007
3	Explain the protocols regarding consent to treatment or care for individuals who may lack mental capacity
4	Explain the role of advocacy and how this service may support an individuals who are unable to make their own decisions
Understand legal rights and issues around confidentiality	
1	Describe the legal issues around confidentiality and data protection in relation to individuals experiencing mental health problems
2	Give examples of different situations where confidentiality may need to be breached in order to raise safeguarding issues