



# Understanding Children & Young People's Mental Health

Mental health problems affect around 1 in 10 children and young people. These issues include depression, anxiety and conduct disorder and can often be a direct response to occurrences in their lives. Emotional wellbeing is just as important as a child's mental health, therefore it is important for those working with children and young people to have a good understanding of the concepts, risk factors and impact of mental health.

## Course Content

- The concept of mental health
- Risk factors which may affect the mental well-being of children and young people
- Specific mental health conditions that children and young people may experience
- The impact mental health concerns can have on children and young people
- How to promote mental well-being in children and young people

## Mandatory units

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

### Qualification

Fully Funded  
Level 2 Certificate  
Distance Learning

### Guided Learning Hours

Course length **6 weeks**



To enquire about this course, call Claire at CQM Learning  
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