
Highfield Level 1 Award in an Introduction to Mental Health and Wellbeing (RQF)

QUALIFICATION NUMBER: 603/6330/7

WHO REQUIRES THIS QUALIFICATION?

The objective of this qualification is to prepare learners to progress to a qualification in another subject area and/or give learners personal growth and engagement in learning, specifically in relation to understanding the basic principles of mental health. This qualification can be taken by learners preparing to enter employment or by those who are already in employment and wish to develop their knowledge of mental health.

WHY A HIGHFIELD QUALIFICATION?

Highfield is the leading provider of regulated compliance qualifications in the UK, certifying over 350,000 learners a year. Highfield currently provides around 70% of all regulated food safety qualifications. We're extremely proud to be a Highfield-approved centre and offer industry-recognised qualifications that will enhance learners' career prospects.

WHAT NEXT?

On successful completion of this qualification, learners may wish to continue their development by undertaking a Highfield Level 2 Mental Health.

COURSE DATES

**BOOK
NOW**



MENTAL HEALTH FACT SHEET



**QUALIFICATION TIME IS 7
HOURS**



**ASSESSED BY MULTIPLE-CHOICE
EXAMINATION**

REGULATED BY:

OFQUAL

CCEA

QUALIFICATIONS WALES

WHAT DOES THE QUALIFICATION COVER?

Topics include:

- Mental health
- Mental ill-health
- Taking care of own mental health and wellbeing
- Moral support for others
- Sources of support and help
- Difficult situations
- Lifestyle choices

WHERE CAN THIS COURSE BE TAKEN?

This qualification can be taken through any Highfield approved training centre.



Highfield

Approved Highfield Centre

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