

# 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, certificating 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

1  
LEVEL

## 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.