

## Award in Mental Health Support

### Applying for this course:

This course is targeted for those persons who are either unemployed or else already in employment but wish to learn more on mental health problems and support individuals having a mental health problem/crisis until further appropriate professional help is received.

Individuals eligible to enrol in this programme would be 16 years of age and older, and who are able to fluently communicate orally in English or Maltese.

### Course Duration

This course is of 13 hours duration and consists of one Module:

- Module 1 is of 13 hours duration - (including 1 hour of assessment)

### General pedagogical guidelines and procedures for this course:

The delivery of this course will be mainly held through a series of discussions and case scenarios of mental health problems and support. The trainer will also be holding lessons with the learners which will consist of various presentations.

### General assessment policy and procedures for this course:

At the end of the course, the learner will be assessed through a multiple-choice questions test and the pass mark of this written assessment is 45%.

### Module 1 Learning Outcomes – Mental Health Support

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| <ul style="list-style-type: none"><li>✓ List and explain the most common mental health problems</li><li>✓ List the different mental health services available in Malta</li><li>✓ Define, explain and differentiate between different mental health diagnosis</li><li>✓ List the common signs, symptoms and risk factors related to common mental health illness</li><li>✓ Show support to individuals experiencing mood disorders, anxiety, personality disorder and psychosis</li></ul> | <ul style="list-style-type: none"><li>✓ Suggest different professional services that the person can refer to</li><li>✓ Provide different support for various case study scenarios</li><li>✓ Describe different treatments used by professionals to deal with stress, depression, anxiety, psychosis personality disorder and different mental crises</li><li>✓ Practice self-care to maintain good mental health</li><li>✓ Explain how to build a mentally healthy workplace</li><li>✓ Identify the rights and legislations concerning mental health</li></ul> |
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through affective methods, such as: effective communication active listening and reassurance ✓ Identify and describe the different causes of mental health illness such as genetics, stress, unhealthy habits, environment, childhood trauma, etc..	✓ Identify a mental health crisis and be able to assist and support
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**Module 1 Assessment:**

The learner will be assessed through a multiple-choice questions test and the pass mark of this written assessment is 45%.

The Malta Further and Higher Education Authority (MFHEA) deems this certificate to be at Level 4 of the Malta Qualifications Framework and the European Qualifications Framework for Lifelong Learning. This course comprises study modules to which a total of 1 ECTS points are assigned.