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**E-LEARNING**  
*Learn Online*

**Online Course**  
**Parental Mental Health**



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## Parental Mental Health

This e-learning course aims to increase awareness of the main issues surrounding mental distress in parents and how this impacts upon their children. It is aimed at anyone who comes into contact with children and young people during the course of their work.

This course aims to raise awareness of the legislation and guidance that applies, and gives a background to mental distress and attitudes towards it in the past and today. It helps the learner understand the causes and symptoms or the variety of mental health problems parents may have so they will be able to appreciate the needs and experiences faced by different groups, and know how to advise and support parents and their children.

Having completed the module learners will:

- Be aware of some key terms & key legislation relating to mental distress & have a basic knowledge of the historical background to the subject.
- Be able to list some of the main causes & main types of mental illness.
- Know what services are available to people who are experiencing mental distress.
- Understand the impact of diversity issues; appreciate the needs that different groups have & how they can be addressed.
- Have an appreciation of the real impact of mental health issues & see what types of barriers people face in their daily lives.
- Know how to support parents with mental distress, by using a number of types of good practice and being aware of useful contacts.

## Accreditation

The content of this course has been independently certified as conforming to universally accepted Continuous Professional Development (CPD) guidelines.

## Duration

Approximately 2 hours. The length of time taken depends entirely on how quickly you can study and absorb the material. You can proceed as quickly or slowly as you like, and there is no limit on how long you can take to do the course.



## Target Audience

Individuals whose work brings them into contact with children and young adults.

## Entry Requirements

There are no specific entry requirements for this course.

## Cost



Discounts are available for multiple users (10 or more) for more information please contact [info@pathwaygroup.co.uk](mailto:info@pathwaygroup.co.uk) or telephone us on: 0121 707 0550  
Please Note that this is an online course

