

Delamill



Mental Health Courses

Integrity | Kindness | Growth



## MENTAL HEALTH SPORTS LEADERS COURSE

NCFE CACHE Level 1 Award in Mental  
Health Awareness (501/0253/



## Overview

This Level 1 accredited course is 24 Guided Learning Hours, and is delivered in a variety of flexible formats

## Short Course

We can also deliver this course in a shortened version for people who want the knowledge, skills and awareness but who don't want to complete the full course



## Sign Up Now

### WHO CAN APPLY

Anyone over the age of 14 years of age can access this course

### WHO IT IS FOR

This course is for anyone seeking to improve their knowledge, skills and awareness of mental health and wellbeing and physical activity leadership

### WHAT WILL THEY LEARN

They will be taught a variety of topics that link to mental health, stress management, how to facilitate a physical activity or sports session, the importance of journaling, who can help them and how to communicate non-judgementally