

# **Counselling Courses**

# Introduction to mental health, learning disabilities and common health conditions

This is a 3-day course that explores key areas of health and social care service provisions, such as mental health, learning disabilities and common health conditions.

#### What are the entry requirements?

# No formal qualifications are required to study this course. A willingness to learn is essential.

#### **Need more information?**

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us courses@northern.ac.uk

## **Course description**

The course offers a brief insight into each of these key areas, and it is an opportunity for students to consider specific roles and careers linked to each. This could relate to working with children, adolescents or adults.

### What can this course lead to?

After completion of the course, students could feel confident to apply for a role within health and social care sector, whether this be in a volunteering capacity or paid employment.

Alternatively, students could continue to develop their understanding and skillset by enrolling onto relevant courses to further support their career pathway.

Suggested courses:

- Preparing for Learning in Health and Social Care
- Level 1 Certificate in Introduction to HSC and Children's and Young People's Settings
- Level 1 Award in Mental Health
- Level 1 Award in Substance Misuse
- Level 1 Award in Alcohol Awareness
- Level 1 Award in Stress Awareness
- Level 1 Award in Mentoring

### Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [https://www.northern.ac.uk/open-events/]

Last updated: 28th October 2025