

## Psychology and Understanding Mental Health (Level 6)

New College Lanarkshire

### Venues

Cumbernauld Campus  
Motherwell Campus

### Content

Mental health awareness is now recognised as a key issue in contemporary society. This innovative new NQ programme is designed to equip you with an enhanced understanding of the matter, as well as a strong underpinning knowledge of Psychology. The course is likely to appeal to those with a general interest in Psychology and also in how we can facilitate our understanding of mental health issues to improve wellbeing.

The programme will explore a number of key areas with regard to Psychology and various aspects of mental health.

Subjects will include:

Understanding of Mental Health and Mental Illness; Psychology: Individual Behaviour; Stress and Stress Management; Psychology: Social Behaviour; Understanding Loss and Grief; Psychology: Research; Clinical Psychology: The Individual and Mental Health; Human Development and Behaviour; Social Influences; Sociology: Human Society; Communication.

### Start Date

August

### Qualification

NQ

### Study Method

Full time

### Course Length

1 year

### Department

Humanities

### Entry Requirements

3 relevant subjects at National 5, or Health and Social Care Certificate (Level 5), or other relevant national qualifications at

SCQF Level 5.

## SCQF Level

6

## SCQF Points

«SCQFPoints»

## Progression Routes

HNC Social Sciences

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Town Centre  
Cumbernauld  
North Lanarkshire  
G67 1HU

## Website

[www.nclanarkshire.ac.uk](http://www.nclanarkshire.ac.uk)