

## Introduction to Psychology and Understanding Mental Health (Level 5)

New College Lanarkshire

### Venues

Motherwell Campus

### Content

The course is designed for individuals who either want to gain skills and knowledge to work in the care sector or for individuals who wish to progress further in their studies in Health and Social care or Psychology and Mental Health. All the units you will study have been carefully chosen to maximise the opportunity to develop both your knowledge and skills in this subject area.

Subjects will include:

Coping strategies and building resilience; Understanding mental health issues; Human Development and Behaviour; Communication; Psychology; Sociology.

### Start Date

January

### Qualification

Other

### Study Method

Full time

### Course Length

18 weeks

### Department

Humanities and Social Sciences

### Entry Requirements

No formal entry requirements.

### SCQF Level

5

### SCQF Points

«SCQFPoints»

## Progression Routes

NQ Psychology and Understanding Mental Health (Level 6)

## Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

## Address

Town Centre  
Cumbernauld  
North Lanarkshire  
G67 1HU

## Website

www.nclanarkshire.ac.uk