

Eligibility

- ◆ To be eligible for this course you must be over 19 years of age and have been a resident of the UK or Europe for more than three years. If you do not hold a UK passport you must be able to provide evidence of a visa and an alternative passport.
- ◆ If you are between the age of 19 - 24, you must already hold a level 2 qualification or equivalent.
- ◆ As part of the enrolment, you will be asked about your employment status. If you are employed, pre-enrolment checks on your annual gross income will be made and you will be asked to provide two wage slips from the last three months; in order to complete this distance learning course at no charge. If you are claiming benefits, you will be asked to provide proof of receipt.

Duration

- ◆ You will study the course over a period of six months, with regular dates of submission for each of the modules associated with the course.

How is it delivered?

- ◆ You will be required to read the learning materials and answer the questions related to the topic, reflecting on work and personal experience in your answers. We always recommend that you try and spend four to five hours a week working on your course in order to achieve deadlines.

Learning Methods

- ◆ Studying via distance learning means that you can complete this course using workbooks and a BCoT online portfolio.
- ◆ When studying online, you will be given a login to access your portfolio and submit your answers based on the information in the workbooks.
- ◆ Alternatively, there are options to study fully online through the portfolio platform or via paper based learning for all reading and assessments.

Course Modules

There are thirteen modules to complete for this course:

- ◆ Unit 1: Understanding mental health
- ◆ Unit 2: Understanding stress
- ◆ Unit 3: Understanding anxiety
- ◆ Unit 4: Understanding phobias
- ◆ Unit 5: Understanding depression
- ◆ Unit 6: Understanding post-natal depression
- ◆ Unit 7: Understanding bipolar disorder
- ◆ Unit 8: Understanding schizophrenia
- ◆ Unit 9: Understanding dementia
- ◆ Unit 10: Understanding eating disorders
- ◆ Unit 11: Understanding Attention Deficit Hyperactivity Disorder (ADHD)
- ◆ Unit 12: Understanding Obsessive Compulsive Disorder (OCD)
- ◆ Unit 13: Understanding Post-Traumatic Stress Disorder (PTSD)

To enrol on this course:

- ◆ Go to bcot.ac.uk to enrol directly online via the distance learning page or alternatively, quote the course reference 'MDFL107' in the search box to be redirected.
- ◆ Once your enrolment form has been submitted online and is received by us, a member of the distance learning team will be in touch.
- ◆ Advice and guidance to complete your enrolment will be given in person or over the phone, depending on your location.
- ◆ All of your course materials will be provided to start your studies upon successful completion of the enrolment process.

Get in touch

01256 306237 | distance.learning@bcot.ac.uk
www.bcot.ac.uk/distancelearning



Aspiral Learning
Basingstoke College of Technology
Worting Road
Basingstoke
Hampshire
RG21 8TN

