

Personal Health and Well-Being Award level 1

Course Overview

This is a supported online learning course which is all year (50 weeks of the year including non-term times). You will work on our IT workshop and study the units that make up this award, which could be one whole day or split over a few days. Days and times to suit your personal commitments, and the learning is taken at your own pace and complete the assessment once you feel you are ready. Particularly beneficial if you are over 19 and seeking employment in the health or education sector, working with the general public or anyone wishing to improve their knowledge about how to support family or friends.

What you will learn

During this online course, you will learn about the following topics: 1) to understand what is meant by the terms mental health and well-being 2) to understand different mental health conditions and treatment 3) to know how to find support for mental health conditions 4) to know how to look after own mental health and well-being

Entry Requirements

There are no formal entry requirements, however, a reasonable level of literacy is expected i.e. you can write and speak to make yourself understood. It would be useful to be able to use a keyboard although support is available. If you have any concerns regarding your literacy level or IT skills, please call us on 0116 262 5921 for an informal chat.

Course Fees

You will not be required to pay a fee for this course if you are in receipt of one of the following benefits: Universal Credit JSA or ESA (Employment and Support Allowance Work Related Action Group) low waged. Evidence of benefits will be required on the application. Call us on 0116 262 5921 for more information on fees.

Course Progression

On completion of this award, your tutor will be able to provide advice and guidance on other online courses, distance learning courses or classroom-based programmes. These might include other health-related courses or employability course e.g. include CV writing, interview skills, customer service skills and other short vocational programmes. For more detailed advice and guidance about future steps, you can make an appointment with one of our qualified careers advisers who can support you to find the most suitable career path for you and to make the most of your skills and qualifications.

What Happens Next

Apply online via the College website. You will be contacted to attend an interview if required, or you will be sent a conditional offer according to the entry requirements of the course. You will then be invited in to enrol for your chosen course. For applications via JCP, please let your Work Coach know. Subject to individual eligibility and type of benefit, the vast majority of courses are FREE to people in receipt of an employment-related benefit JSA, Universal Credit or ESA (Employment and Support Allowance).

Course Details

Course Code	P00332
Start Date	01/08/2026
Study Hours	Part Time
Duration	1 week
Campus	City Skills Centre
Level	1

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