

# Support For Parents



Lancaster &  
Morecambe  
College

An extensive range of free online distance learning courses are available that will enable parents to gain further knowledge and understanding of complex issues, that can be balanced around other family and work commitments.

## Mental Health Awareness TQUK Level 1 Certificate

This course provides an introduction to the subject of mental health, the various illnesses and treatment routes available to sufferers. It will provide a good basis for leading to a career in mental health care.

## Awareness of Mental Health Problems TQUK Level 2 Certificate

This course is designed for those who want to raise their awareness of mental health and the problems that can cause mental ill-health.

## Understanding Autism TQUK Level 2 Certificate

This course aims to develop an understanding of autism and the principles of supporting individuals with autism. It covers how to support positive behaviour and how individuals with autism can be supported to live healthy and fulfilled lives.

## Understanding Behaviour That Challenges TQUK Level 2 Certificate

This course aims to explore possible causes which could explain why people behave as they do, helping you to develop your understanding and deal with these situations in an appropriate way.

## Self Harm and Suicide Awareness and Prevention TQUK Level 2 Certificate

This course is for anyone who wants to improve their understanding and awareness of self harm and suicide. Whilst not sector specific, it can be applied to a broad range of personal and professional situations

## Understanding Children and Young People's Mental Health TQUK Level 2 Certificate

The purpose of this qualification is to increase your knowledge and awareness of children and young people's mental health, including units covering mental health in context, mental health problems, the impact of mental ill-health on children and young people and support available to maintain mental wellbeing.

## Understanding Nutrition and Health TQUK Level 2 Certificate

Increase your understanding of the principles of healthy eating and the role of food in maintaining health. This programme includes planning for a healthy diet, weight management, eating disorders, food labelling and how an individual's dietary requirements change throughout their life.

[hello@lmc.ac.uk](mailto:hello@lmc.ac.uk) • [lmc.ac.uk/distance](http://lmc.ac.uk/distance)

## Essential Digital Skills

The Essential Digital Skills course is intended to support the development of digital skills required for everyday life, work and further study and includes internet safety/cyber security. It provides a nationally recognised Digital Skills qualification and is a step towards further study.

[lmc.ac.uk/courses/a-z-courses/essential-digital-skills-entry-level-3](http://lmc.ac.uk/courses/a-z-courses/essential-digital-skills-entry-level-3)

## Unlock **YOUR** Potential For **FREE**

If a spreadsheet makes your head spin, your household budget doesn't balance and your kids' maths homework doesn't add up, then help is at hand!

Multiply is a national programme that offers access to free courses intended to help you become more confident with numbers and gain maths skills without the exam but could lead to a qualification if you wanted; if you need help in managing your bills, budgeting or you want to improve your potential at work, for example, then Multiply is for you. Support is available for adults across our community through the Multiply Project.

[multiply@lmc.ac.uk](mailto:multiply@lmc.ac.uk) • [lmc.ac.uk/multiply](http://lmc.ac.uk/multiply)

**SKILLS  
FOR LIFE  
MULTIPLY**