Mental Health conditions have been steadily increasing in Australia with 1 in 3 Australians experiencing some form of mental disorder at some stage in their lives, and 1 in 5 Australians experiencing a mental illness in a 12 month period.

This nationally recognised qualification would suit those who are looking to develop specialist skills to work with clients who face challenges with their mental health. It would also appeal to those who have some work or volunteer experience in community services or health and want to branch out into mental health work.

4Life College’s delivery is a blended mode using a variety of methods to provide a rich and engaging learning experience for learners.

With this qualification you will be able to:

- Implement community-based mental health activities and promotions.
- Engage clients in community participation.
- Prevent client relapse.
- Promote recovery through community, clinical, home-based and centre-based programs.

No matter what your reason for taking this course, we are here to help you succeed in achieving your goals.
Why select 4Life for your Diploma of Mental Health?

This mental health course gives you the knowledge to maintain a therapeutic alliance with clients displaying mental health issues. You will undertake simulations, role plays and demonstrations in how to be supportive, empathic and culturally appropriate when working with clients to enable them to have a structure, skill building strategies and support to enable steady progress throughout their recovery.

We cover the basic skill sets you will find in all VET courses, and extend these using current evidence-based practices.

Is the career path right for you?

If you are passionate about helping others and have a genuine desire to develop specialist skills to empower and educate clients who face challenges with their mental health, then this is the career path for you.

Career Opportunities

Blended delivery model which has:
- Community rehabilitation support worker
- Mental health rehabilitation support worker
- Community worker
- Mental health community worker
- Mental health outreach worker

COURSE DETAILS

Delivery Mode

Classroom-based training, including role plays, simulations and compulsory work placement.

Duration

6 terms
- 2 days per week (15 hours)
- 5 hours on-line per week

Assessment Methods

- In-class activities
- Case studies
- Short answer questions
- Simulations
- Projects
- Presentations
- Workplace observations
- Workplace activities
- Workplace logbook

Learning Materials

Textbook
- Mental Health Care: An Introduction for Health Professionals, Catherine Hungerford, Donna Hodgson, Richard Clancy, Tony Jones, Anthony Harrison, Chris Hart; Wiley Publication
- The essential counsellor–process, skills and techniques 3rd edition David Hutchinson; Wiley Publication
- Additional readings
- Web links to articles
- DVD’s and YouTubes
- Work placement guide
Entry Requirements

Whilst there are no pre-requisite units to gain entry into this qualification, it is recommended that potential learners hold the following unit prior to commencing this course or willing to complete before work placement: HLTAID003 Provide First Aid.

It is also recommended that you have at least one qualification in the Community Services/Health field. This will enable learners to broaden existing knowledge to assist clients they currently work with, or develop skills to broaden work opportunities in this sector. It may be difficult to find work with just the Diploma of Mental Health without any related Community Service/Health qualifications or Australian experience in this industry.

This course requires you to read textbooks, learner guides, articles, handouts and assessments. You require a level of English proficiency to participate in class discussions and simulations with your trainer and fellow learners.

**English language requirements:** This course requires you to read learner guides, articles, handouts and assessments. You require a level of English proficiency to undertake in-class discussions and simulations with your trainer and fellow learners, and also whilst on work placement.

**Age:** 18 years and over.

**Education Requirements:** Year 11 or equivalent.

IT Requirements

This course requires learners to have the ability to access a reliable internet connection to access our student portal. You will need Microsoft Office or similar and be able to use basic Word and Excel programs. Our on-line portal can be accessed through computer and mobile devices.

Intake Dates

Rolling student intake. Please ring 1300 245 433 for next available start date.

Articulation Pathways

With successful completion learners may decide to undertake further studies in Diploma or Advanced Diploma qualifications in the Community Services field or undertake a related Bachelor degree:

- Bachelor of Health Science (Mental Health)
- Bachelor of Community Mental Health, Alcohol and Other Drugs
- Bachelor of Health Science
- Bachelor of Public Health

Recognition of Prior Learning (RPL)

RPL kit available on request.
Our trainers have many years of experience in the Mental Health field – all have relevant recent industry experience and qualifications.

4Life staff and trainers are here to help you succeed and we want nothing more than to help you graduate. Some of the ways 4Life can assist you are by:

› 4Life staff are always here to support and assist you.
› On-going contact and personalised support with your trainer.
› A wide range of personal and academic support is available to assist you to succeed.

4Life offers a framework of positive education while you develop the skills to become an effective mental health worker. Your days will be filled with group discussions, written activities, role plays, interactive class activities and practical skills development, all expertly designed to assist you to understand the work and role of a mental health worker in the community services industry.
Course Structure: This qualification has 20 units of competency, which includes 15 core units and 5 electives.

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<thead>
<tr>
<th>ORDER OF STUDIES</th>
<th>CODE</th>
<th>UNIT TITLE</th>
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<tbody>
<tr>
<td>Study Period 1</td>
<td>CHCMHS001</td>
<td>Work with people with mental health issues</td>
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<tr>
<td>Study Period 1</td>
<td>CHCDIV001</td>
<td>Work diverse people</td>
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<tr>
<td>Study Period 1</td>
<td>CHCDIV002</td>
<td>Promote Aboriginal and/or Torres Strait Islander cultural safety</td>
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<td>Study Period 1</td>
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<tr>
<td>Study Period 2</td>
<td>CHCCSL001</td>
<td>Establish and confirm the counselling relationship</td>
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<tr>
<td>Study Period 2</td>
<td>CHCCSL003</td>
<td>Facilitate the counselling relationship and process</td>
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<tr>
<td>Study Period 2</td>
<td>CHCCSM005</td>
<td>Develop, facilitate and review all aspects of case management</td>
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<td>Study Period 3</td>
<td>CHCMHS002</td>
<td>Establish self-directed recovery relationships</td>
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<td>Study Period 3</td>
<td>CHCMHS003</td>
<td>Provide recovery oriented mental health services</td>
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<td>Study Period 4</td>
<td>CHCMHS005</td>
<td>Provide services to people with co-existing mental health and alcohol and other drug issues</td>
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<td>Study Period 4</td>
<td>CHCCCS003</td>
<td>Increase the safety of individuals at risk of suicide</td>
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<td>Study Period 5</td>
<td>CHCMHS011</td>
<td>Assess and promote social, emotional and physical well-being</td>
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<tr>
<td>Study Period 5</td>
<td>CHCMHS009</td>
<td>Provide early intervention, health prevention and promotion programs</td>
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<tr>
<td>Study Period 5</td>
<td>CHCMHS010</td>
<td>Implement recovery oriented approaches to complexity</td>
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<td>Study Period 5</td>
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<td>Study Period 6</td>
<td>CHCMHS012</td>
<td>Provide support to develop wellness plans and advanced directives</td>
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<td>Study Period 6</td>
<td>CHCMHS013</td>
<td>Implement trauma informed care</td>
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<td>Study Period 6</td>
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<td>Study Period 7</td>
<td>CHCMHS004</td>
<td>Work collaboratively with the care network and other services</td>
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<td>Study Period 7</td>
<td>CHCPRP003</td>
<td>Reflect on and improve own professional practice</td>
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<tr>
<td>Study Period 7</td>
<td>HLTWHS004</td>
<td>Manage work health and safety</td>
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<tr>
<td>Study Period 7</td>
<td>CHCPOL003</td>
<td>Research and apply evidence to practice</td>
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<td>Study Period 7</td>
<td>CHCADV005</td>
<td>Provide systems advocacy services</td>
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Please note that delivery may vary slightly.
**Work Placement**

This qualification has a minimum of 160 hours of work placement at an approved agency in the Mental Health sector. Industry experience gives you invaluable real-life skills.

4Life will assist you to find a suitable host employer to undertake your work placement. However many students find work placement themselves near where they live.

Workplace assessment involves evaluating the performance of a range of practical skills under actual workplace conditions and over several occasions. Before undertaking work placement you will practice these skills under the supervision of your trainer in our simulation lab.

Students currently employed in an appropriate workplace may complete their assessment requirements within their own workplace.

Workplace assessments consist of three individual parts:

a) Logbook, which requires the learner to document the hours worked including a range of practical tasks observed by their buddy or supervisor.

b) Observation by their trainer carrying out a variety of tasks while working with their clients and/or other team members.

c) Written assessment tasks that vary from reflection to writing case notes, understanding organisations operations.

**Insurance**

4Life College provides insurance cover for the compulsory work placement and will provide an insurance certificate to your host employer.

**Additional Requirements**

Prior to commencing work placement there are a range of requirements that you may need to meet. These include:

**National Criminal Record Check**

8 weeks before commencing work placement you will be required to undertake a Criminal Record Check (CRC) to obtain a National Police Certificate.

**Commission for Children and Young People (CCYP) Student Declaration**

Learners may be required to sign a CCYP Student Declaration if working with children under the age of 18 years.

**Immunisation**

It is recommended but not compulsory that students have the following vaccinations

› Hepatitis B
› Tetanus

Please note that the above costs are the responsibility of the student and not included in course fees.
GETTING HERE IS EASY

SYDNEY – AUSTRALIA  IN THE HEART OF SYDNEY CBD

SYDNEY – AUSTRALIA
Level 2, 269 Sussex Street,
SYDNEY, New South Wales 2000
Telephone: 1300 245 433
Facsimile: +61 8 8338 6983
Email: sydney@4lifecollege.edu.au

4Life College Sydney is close to many transport options including buses and trains. In the heart of the CBD you are near to Darling Harbour, restaurants, cafes and shops galore.