

# Graduate Certificate in Mental Health (HLC301.1)

Please note these are the 2023 details for this course

## Domestic students

|                               |  |
|-------------------------------|--|
| Selection rank                | PG   |
| Delivery mode                 | Online   |
| Location                      | UC - Canberra, Online  |
| Duration                      | 1.0 years  |
| Faculty                       | Faculty of Health  |
| Discipline                    | Discipline of Nursing  |
| UAC code                      |  |
| English language requirements | An IELTS Academic score of 6.5 overall, with no band score below 6.0 (or equivalent).<br><a href="#">View IELTS equivalences</a> |

## International students

|                             |   |
|-----------------------------|---|
| Academic entry requirements | To study at UC, you'll need to meet our academic entry requirements and any admission requirements specific to your course. Please read your course admission requirements below. To find out whether you meet UC's academic entry requirements, visit our academic entry requirements page.<br><br><a href="#">View UC's academic entry requirements</a> |
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|----------------------|--------|
| <b>Delivery mode</b> | Online |
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|-----------------|-----------------------|
| <b>Location</b> | UC - Canberra, Online |
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|                 |           |
|-----------------|-----------|
| <b>Duration</b> | 1.0 years |
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|----------------|-------------------|
| <b>Faculty</b> | Faculty of Health |
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|                   |                       |
|-------------------|-----------------------|
| <b>Discipline</b> | Discipline of Nursing |
|-------------------|-----------------------|

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|--------------------|--|
| <b>CRICOS code</b> |  |
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|--------------------------------------|--|
| <b>English language requirements</b> | An IELTS Academic score of 6.5 overall, with no band score below 6.0 (or equivalent).<br><a href="#">View IELTS equivalences</a> |
|--------------------------------------|--|

# About this course

## Explore the factors influencing mental health in a modern society

This course has been designed in response to the growing need for nursing, allied health and other front-line professionals with the skills to improve and promote the mental health of individuals and the community. Developed in close consultation with industry, this unique course is multidisciplinary, contemporary, and responsive, ensuring that graduates are well prepared to meet the current and future needs of people who experience mental health challenges.

Embrace your passion for mental health care and build on your existing profession to advance your career with highly sought-after skills in this specialised field.

Studying alongside peers, you'll develop a deeper understanding of the multifaceted factors influencing mental health across the lifespan. You'll explore the theory, principles, and evidence that supports recovery-focused care and gain the necessary skills to assess and implement clinical interventions for those experiencing mental health challenges.

Flexibly delivered and 100% online, you can fit your study around your personal and professional commitments to graduate confident, in-demand, and ready to invest your passion in quality care.

## Study a Graduate Certificate in Mental Health at UC and you will:

- learn to confidently assess and provide clinical interventions for people experiencing mental health challenges
- gain an understanding of substance use, drug types, their effects, and contemporary interventions

- master reflective and resilient practice for personal and community wellbeing
- explore the principles of person-centered, recovery-oriented, trauma informed care.

## Work Integrated Learning (WIL)

Engage with industry experts and peers from a range of health disciplines to explore the complexities of mental health across the lifespan. Apply your findings to real-life situations and benefit from strong professional networking opportunities.

## Career opportunities

Graduates will be able to advance their careers in a range of challenging roles across diverse settings, particularly clinical leadership roles in nursing, allied health, and other professions.

## Professional accreditation

None.

# Admission requirements

Completion of a Bachelor Degree or Postgraduate qualification in a Health or Science discipline or equivalent graduate status or experience.

## Assumed knowledge

Allied health, clinical or human services knowledge and experience.

## Periods course is open for new admissions

This course is not open for new admissions.

## Credit arrangements

There are currently no formal credit transfer arrangements for entry to this course. Any previous study or work experience will only be considered as part of the application process in accordance with current [course rules and university policy](#).

# Course requirements

## Graduate Certificate in Mental Health (HLC301) | 12 credit points

**Required - Must pass 12 credit points as follows**

[Expand All](#) | [Collapse All](#)

Alcohol and Other Drug Use: Change and Intervention PG (7492) | 3 credit points – Level P

[Introduction to Psychosocial Aspects of Mental Health PG \(11802\) | 3 credit points – Level P](#)

[Reflective and Resilient Practice in Mental Health PG \(11803\) | 3 credit points – Level P](#)

[Interdisciplinary Practice in Mental Health G \(11804\) | 3 credit points – Level G](#)

In addition to course requirements, in order to successfully complete your course you must meet the inherent requirements. Please refer to the [inherent requirements statement](#) applicable to your course

# Typical study pattern

UC - Canberra, Bruce

Standard Part Time, Semester 1 Commencing (1 Year)

**Year 1**

**Semester 1**

[Introduction to Psychosocial Aspects of Mental Health PG \(11802\)](#)

[Reflective and Resilient Practice in Mental Health PG \(11803\)](#)

**Semester 2**

[Alcohol and Other Drug Use: Change and Intervention PG \(7492\)](#)

[Interdisciplinary Practice in Mental Health G \(11804\)](#)

Standard Part Time, Semester 1 Commencing (2 Years)

**Year 1**

**Semester 1**

[Reflective and Resilient Practice in Mental Health PG \(11803\)](#)

**Semester 2**

[Interdisciplinary Practice in Mental Health G \(11804\)](#)

**Year 2**

**Semester 1**

[Introduction to Psychosocial Aspects of Mental Health PG \(11802\)](#)

**Semester 2**

[Alcohol and Other Drug Use: Change and Intervention PG \(7492\)](#)

## Standard Part Time, Semester 2 Commencing (1 Year)

### Year 1

#### Semester 2

[Alcohol and Other Drug Use: Change and Intervention PG \(7492\)](#)

[Interdisciplinary Practice in Mental Health G \(11804\)](#)

### Year 2

#### Semester 1

[Introduction to Psychosocial Aspects of Mental Health PG \(11802\)](#)

[Reflective and Resilient Practice in Mental Health PG \(11803\)](#)

## Standard Part Time, Semester 2 Commencing (2 Years)

### Year 1

#### Semester 2

[Interdisciplinary Practice in Mental Health G \(11804\)](#)

### Year 2

#### Semester 1

[Introduction to Psychosocial Aspects of Mental Health PG \(11802\)](#)

#### Semester 2

[Alcohol and Other Drug Use: Change and Intervention PG \(7492\)](#)

### Year 3

#### Semester 1

[Reflective and Resilient Practice in Mental Health PG \(11803\)](#)

# Course information

## Course duration

Standard 1 year part time. Maximum 3 years from date of enrolment to date of course completion. This course is only available for part-time enrolment.

## Learning outcomes

| Learning outcomes   | Related graduate attributes  |
|---|--|
| <p>Critically analyse and apply the principals of person-centred recovery-focused and trauma-informed care to mental health practice.</p> | <p>UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.</p> <p>UC graduates are global citizens: Adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.</p> <p>UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas; evaluate and adopt new technology.</p> <p>UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; apply their knowledge to working with Indigenous Australians in socially just ways.</p> |

Demonstrate specialised, evidence-based, contemporary, mental health practice, knowledge, and skills for care across the lifespan.

UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.

UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; make creative use of technology in their learning and professional lives;

behave ethically and sustainably in their professional and personal lives.

UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.

UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Apply their knowledge to working with Indigenous Australians in socially just ways.

Communicate and collaborate with those experiencing mental health issues and their social networks/support systems/support networks to analyse, address, and evaluate care in a range of contexts.

UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.

UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.

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Synthesise self awareness, knowledge and skills, through reflexive practice, including consideration of ethics, human rights, informed decision making and personal

UC graduates are professional: Employ up-to-date and relevant knowledge and skills; communicate effectively; use creativity, critical thinking, analysis and research skills to solve theoretical and real-world problems; work collaboratively

responsibility and accountability.

as part of a team, negotiate, and resolve conflict; display initiative and drive, and use their organisational skills to plan and manage their workload; take pride in their professional and personal integrity.

UC graduates are global citizens: Think globally about issues in their profession; adopt an informed and balanced approach across professional and international boundaries; understand issues in their profession from the perspective of other cultures; communicate effectively in diverse cultural and social settings; make creative use of technology in their learning and professional lives; behave ethically and sustainably in their professional and personal lives.

UC graduates are lifelong learners: Reflect on their own practice, updating and adapting their knowledge and skills for continual professional and academic development; be self-aware; adapt to complexity, ambiguity and change by being flexible and keen to engage with new ideas.

UC graduates are able to demonstrate Aboriginal and Torres Strait Islander ways of knowing, being and doing: Use local Indigenous histories and traditional ecological knowledge to develop and augment understanding of their discipline; communicate and engage with Indigenous Australians in ethical and culturally respectful ways; apply their knowledge to working with Indigenous Australians in socially just ways.

Integrate and implement principles of respect and cultural safety to care planning, implementation, assessment, and evaluation of effective care delivery.

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## Awards

| Award                                 | Official abbreviation |
|---------------------------------------|-----------------------|
| Graduate Certificate in Mental Health | GradCertMentalHealth  |

## Enquiries

| Student category                | Contact details   |
|---------------------------------|---|
| Current and Commencing Students | Please contact the Faculty of Health faculty office, email <a href="mailto:student.centre@canberra.edu.au">student.centre@canberra.edu.au</a> |
| Prospective Students            | Email <a href="mailto:study@canberra.edu.au">study@canberra.edu.au</a> or Phone 1800 UNI CAN (1800 864 226)                                   |

## Download your course guide



# Scholarships

Find the scholarship that's the right fit for you

[Explore Scholarships](#)

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UC acknowledges the Ngunnawal people, traditional custodians of the lands where Bruce campus is situated. We wish to acknowledge and respect their continuing culture and the contribution they make to the life of Canberra and the region. We also acknowledge all other First Nations Peoples on whose lands we gather.