

Certificate in Mental Health in the Community

In partnership with Mental Health Ireland the UCC 'Certificate in Mental Health in the Community' is an innovative recovery education programme, delivered on campus and in outreach centres nationwide. This is a one-year part-time certificate award at Level 6 on the NFQ designed for the community participant. Taking a learning by doing approach, the curriculum aims to cultivate capacities of individuals and communities to encourage greater social activism on topics of mental health, and to empower students to advocate for mental health and wellbeing in their communities.

Adult Education Ethos

This Certificate programme is delivered **with & in** communities the length and breadth of Ireland, catering for the unique needs of adult learners in higher education.

"For apart from inquiry, apart from the praxis, individuals cannot be truly human. Knowledge emerges only through invention and re-invention, through the restless, impatient, continuing, hopeful inquiry human beings pursue in the world, with the world, and with each other."

— Paulo Freire, Pedagogy of the Oppressed



Programme Design:

- Collaboration, openness to diversity and ongoing programme evaluation are core characteristics.
- The promotion of wellbeing is core to our mission and philosophy, underpinning our learning objectives and outcomes.
- Our commitment to the learner is evidenced by the co-production of teaching and learning which engages the expertise of people with lived experience of mental health and recovery, with carers and family members, with healthcare professionals and the community.



*"A large amount of learning for me came from **listening to other learners** in the class open up about their own recovery journey. There are many new ways of thinking and working that I will take from the course and for me the important one is what Rory Doody said about...*

making the box bigger for people, allowing room for difference and all the benefits that it can bring."

*"I have found that this course has helped me in my personal development. I feel I am more positive, more real in myself as a human being. **I am more true to myself; I am more accepting of myself, warts and all."***

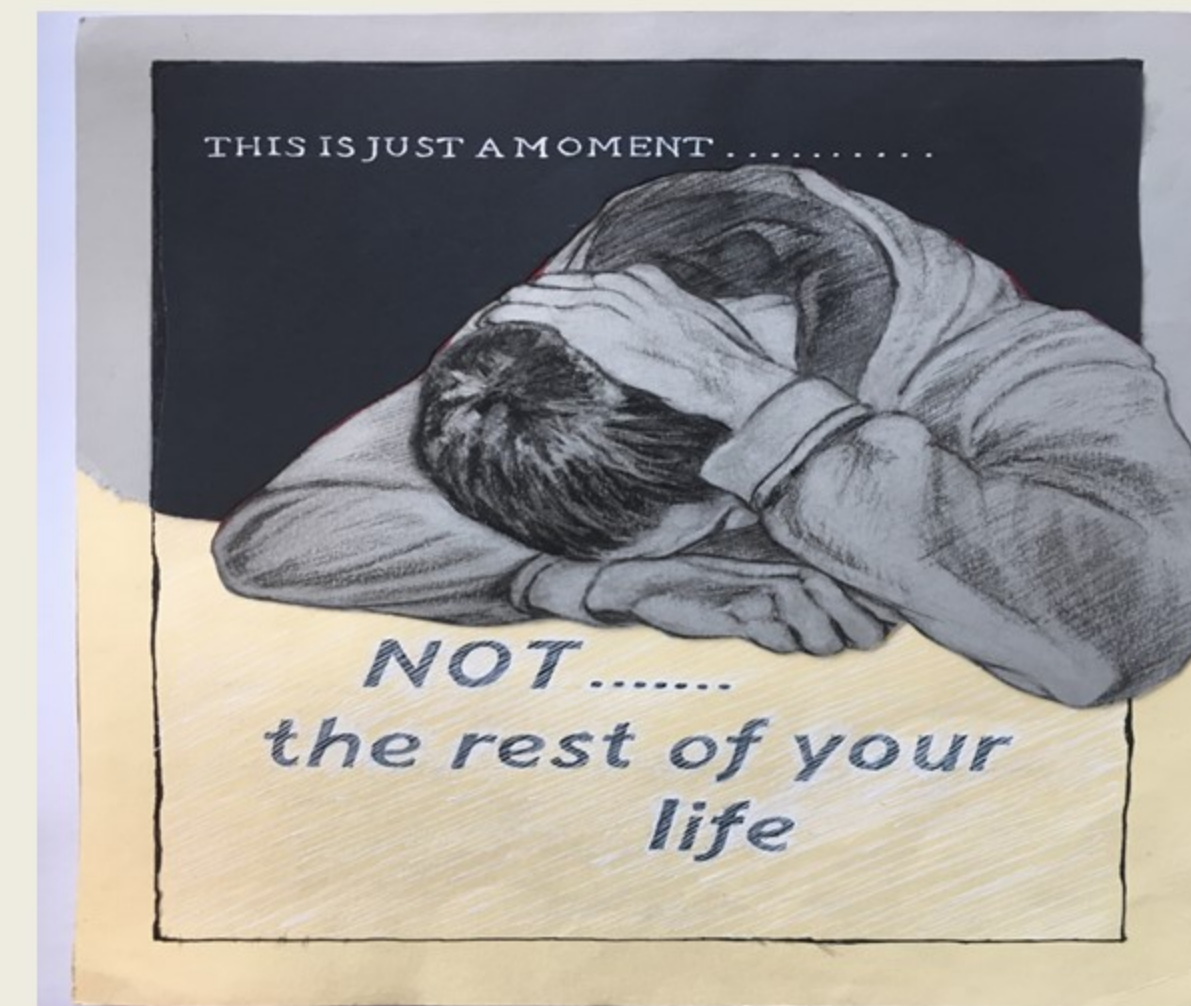
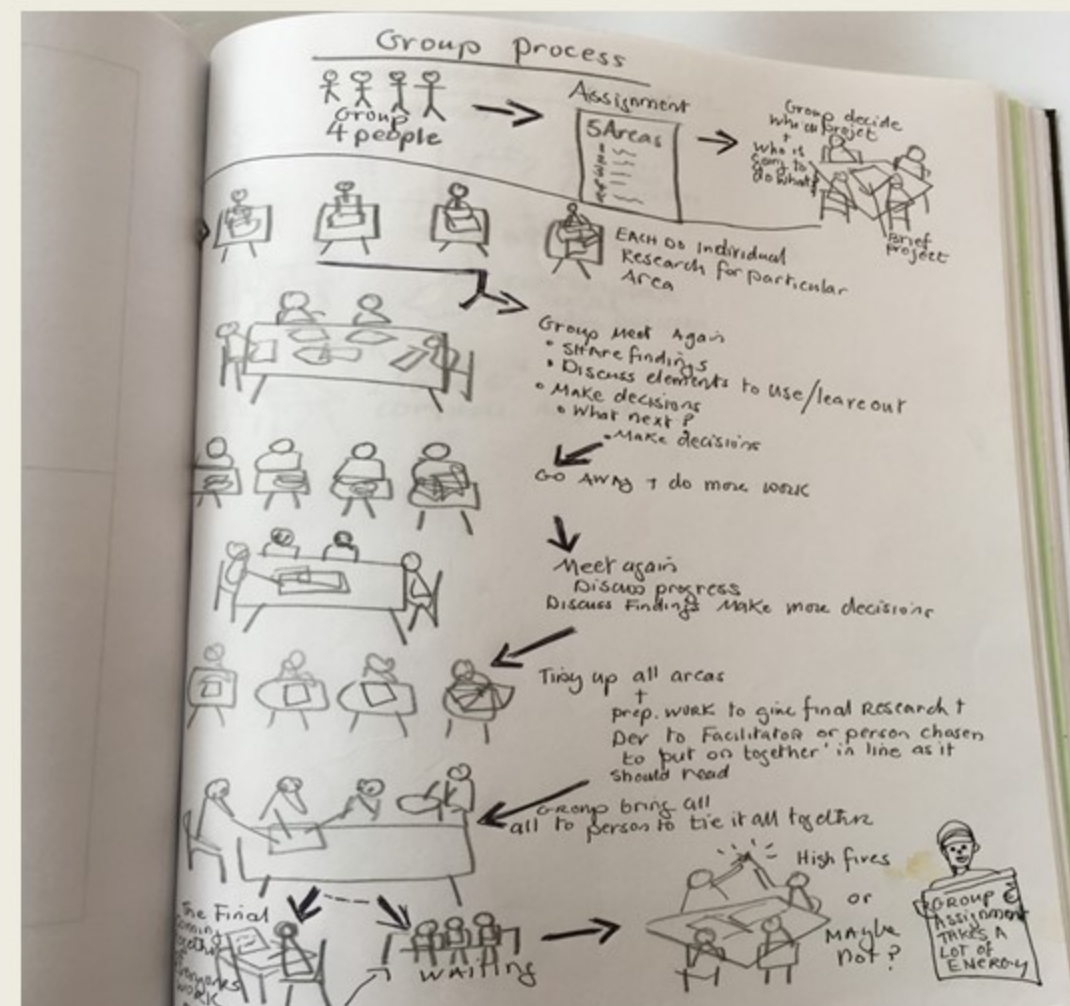
Testimonials

*"I really looked forward to the classes. I realised **education is a vital tool** in overcoming the stigma against mental illness in society today."*

*"The knowledge gained throughout the duration of this course has had a **profound impact** on my personal and professional life and life path. As my learning flourished I began to gain invaluable insight into mental health and how I could apply it to my position as a Youth Worker in a Garda Youth Diversion Programme."*

LEARNER CENTRED & COMMUNITY WELLBEING PROJECTS:

Learning happens inside the classroom and out in the community, through project work, site visits and transformative assessments, encouraging active processes of applying, interacting, reflecting, collaborating and connecting.



This programme acts as driver of social change, by educating the hearts and minds of community participants on topics of mental health and wellbeing. With its commitment to grassroots and community delivery, this programme reaches into communities across the country, and connects with a diversity of adult learners. We are working in partnership with a growing number of stakeholders from the public and voluntary sector, to create educational opportunities for people from a diversity of backgrounds, all of whom have at their core the objective of promoting wellbeing, mental health recovery and social justice for all.