

Unit Title: Awareness of Mental Health and Wellbeing	
Level:	Two
Credit Value:	2
GLH:	16
OCNLR Unit Code:	PA9/2/LQ/002
Ofqual Unit Reference Number:	D/616/6510

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand what is meant by the terms 'mental health' and 'wellbeing'.	1.1. Describe what is meant by the terms 'mental health' and 'wellbeing'. 1.2. Describe a range of mental health issues. 1.3. Describe factors that can affect mental health and wellbeing. 1.4. Identify one piece of key legislation which protects individuals with mental health issues.
2. Understand how mental health is perceived in the UK.	2.1. Give two examples, one positive and one negative, of mental health issues recently reported in the media. 2.2. Describe the effect that media coverage of mental health issues can have on society.
3. Understand mental health issues in relation to diverse groups.	3.1. Describe factors that may cause mental health issues in different groups.
4. Know how to access support for mental health issues.	4.1. Identify three sources of support for individuals seeking help with mental health issues. 4.2. Identify barriers to accessing support.
5. Know how to foster good mental health and wellbeing in self.	5.1. Identify at least three ways in which to foster own positive mental health and wellbeing.