Open Awards Qualification Unit

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1 Unit Details

Unit Title:	Understanding Mental Health and Wellbeing
Unit Reference Number:	R/507/6745
Level:	Level 2
Credit Value:	2
Minimum GLH:	16

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand own attitudes and beliefs about mental health and wellbeing	1.1 Assess own beliefs about mental health and mental illness
	1.2 Assess own level of awareness about mental health and wellbeing
	1.3 Outline the impact that negative attitudes and behaviours of others may have on the mental health and wellbeing of individuals
2. Know how the theoretical models used to describe mental health and wellbeing are applied	2.1 Outline the theoretical models that are used to describe mental health and wellbeing
	2.2 Describe how the theoretical models are applied
	2.3 Describe the main features of the following mental health conditions: a) Stress b) Anxiety c) Depression d) Bipolar disorder e) Schizophrenia f) Obsessive compulsive disorder

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3.	Understand how mental health and wellbeing can be improved	3.1	Describe how environmental, social and emotional/cognitive factors can impact on and protect mental health and wellbeing
		3.2	Identify the five ways to wellbeing
4.	Be able to identify opportunities to improve the mental health and wellbeing of individuals or populations	4.1	Identify opportunities and facilities for mental health and wellbeing improvement in a community for each of the 'five ways to wellbeing' elements
		4.2	Identify informal opportunities for mental health and wellbeing improvements for each of the 'five ways of wellbeing' elements
		4.3	Outline how these facilities and opportunities may benefit the mental health and wellbeing of the individual

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