Changing lives through learning

Qualification Unit

This unit forms part of a regulated qualification.

Unit Title: Approaches to Mental Health

Unit Reference Number: H/507/6717

Level: Two (2)

Credit Value: Three (3)

Minimum Guided Learning Hours: 24

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the term 'Mental Health'	1.1 Describe the term 'Mental Health'
	1.2 Identify and describe the key symptoms of three mental health illnesses
	1.3 Describe the impact of mental health problems on individuals
2. Understand the differing methods for treating/controlling mental illness	2.1 Describe the different management and treatment approaches that may be used in three mental illnesses
	2.2 Compare the strengths and weaknesses of these approaches
3. Understand the different techniques for anger management	3.1 Describe overt signs of aggressive behaviour
	3.2 Describe three possible causes or triggers of aggressive behaviour in an individual
	3.3 Describe different ways of defusing and controlling volatile situations
4. Understand the role of therapeutic communication skills in mental health	4.1 Describe the range of therapeutic verbal and non-verbal communication skills used in mental health
	4.2 Describe giving examples that illustrate the strengths and weaknesses in three of these skills
5. Understand the roles and functions of a range of agencies and individuals	5.1 Differentiate between the different agencies working in the field of mental health

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providing care services for people who are mentally ill	5.2	Describe their roles and ways in which they relate to each other to support an individual with mental illness

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