

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** The Role of a Leader in Contributing Towards the Mental Health of Others

**Unit Reference Number:** F/618/1355

**Level:** 4

**Credit Value:** 4

**Minimum Guided Learning Hours:** 25

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how their values, beliefs and attitude contribute towards a mental health friendly ethos	1.1 Identify own values and attitudes towards mental health, including factors that may contribute towards these
	1.2 Give an example of how they have previously demonstrated an open and empathetic approach to understanding fluctuations of mental health
2. Understand the role of stigma and bias in people's responses to poor mental health	2.1 Identify a range of stigmas and biases that may relate to people's response to poor mental health
	2.2 Recount how stigma and bias have affected someone's response to the culture or poor mental health
	2.3 Identify actions that can be taken to tackle stigma or bias towards mental health in their environment, including the role of key stakeholders
3. Understand activities or resources that contribute towards people's mental health	3.1 Reflect on how mental health leaders support their own mental health
	3.2 Identify evidence-based resources or sources of information that can support the mental health awareness of staff