

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Recognising Common Mental Health Difficulties in Others

**Unit Reference Number:** R/618/1358

**Level:** 4

**Credit Value:** 4

**Minimum Guided Learning Hours:** 25

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand common factors that affect mental health	1.1 Analyse common factors that can affect mental health, such as life events, risks and factors in the environment
2. Understand common mental health difficulties in their environment	2.1 Summarise common mental health difficulties in their environment
3. Understand the role of emotions in mental health	3.1 Summarise the symptoms of someone in their environment who may be emotionally overwhelmed or in distress
	3.2 Describe common emotional coping mechanisms, factors that affect someone's ability to use them and other strategies or exercises they may use
4. Know how to support someone experiencing poor mental health within the content of their role	4.1 Reflect on initial actions that could be taken in their role to support someone experiencing poor mental health
5. Understand the support available for those experiencing poor mental health	5.1 Reflect on services that can offer mental health assistance to their staff
	5.2 Explain the importance of signposting staff to the services identified in 5.1
	5.3 Reflect on how to monitor the impact of support or interventions offered to people experiencing difficulties
	5.4 Give an example of working with others to support inclusion in the workplace