

## Qualification Unit

This unit forms part of a regulated qualification.

**Unit Title:** Understand how Youth Work can Support Young People's Mental Health and Wellbeing

**Unit Reference Number:** T/618/1885

**Level:** Three (3)

**Credit Value:** Two (2)

**Minimum Guided Learning Hours:** 12

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the issues affecting young people's mental health and wellbeing	1.1 Summarise the social, emotional and psychological issues that may affect young people's mental health and wellbeing
	1.2 Explain the factors that may affect the needs of young people in relation to mental health and wellbeing
2. Understand how to support young people's mental health and wellbeing	2.1 Describe the sources of information, agencies and support services which are available to help young people in relation to mental health and wellbeing
	2.2 Explain how to help build self-confidence, independence and self-esteem in young people with regard to mental health and wellbeing
	2.3 Explain how to support young people to express their views, anxieties and feelings about their support needs, without fear of pressure or judgement
3. Know about the statutory and legal frameworks in relation to young people's mental health and wellbeing	3.1 Describe the statutory and legal frameworks for protecting young people's mental health and wellbeing
4. Understand the role of the youth worker to support young people's mental health and wellbeing	4.1 Explain the role that youth workers can have supporting young people with developing positive mental health

4.2 Evaluate own role as a youth worker supporting young people to develop positive mental health