Changing lives through learning

Access to Higher Education Unit

This unit forms part of an Access to HE Diploma. If delivering the graded version of this unit, please refer to the Provider Handbook for details on grading descriptors and the application of these across units within your programme.

Unit Title: Foundations in Mental Health

Graded Unit Reference Number: GA33HEA17

Ungraded Unit Reference Number: UA33HEA17

Module: Health Studies; Sociology

Level: Three (3)

Credit Value: Three (3)

Minimum Guided Learning Hours: 30

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand the different views on the nature of mental well-being and mental health	1.1 Define the term 'mental health'
	1.2 Explain 'well-being', making links to social and emotional well-being
	1.3 Explain what is meant by the term 'mental health'
2. Understand approaches to defining mental ill health and disorders	2.1 Explain the types of mental illness
	2.2 Identify the classification system used for mental illness
	2.3 Examine the challenges to applying the mental disorders categories
3. Know the common terms used in mental ill health	3.1 Define the mental health terms commonly used

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