

# MENTAL HEALTH & WELLBEING AWARD



## COURSE DESCRIPTION

The Mental Health and Wellbeing Level 4/ 5 Award is designed to enable learners to increase understanding and awareness of issues around mental health and wellbeing. As a result, they will be better equipped to undertake further education, training or employment, live a healthy lifestyle and become responsible, contributing citizens.

There is currently a major gap in knowledge surrounding mental health and wellbeing which requires to be addressed. Most people learn what they know about mental illness from the media. Many radio, television and newspaper accounts present people with mental illness as violent, criminal, dangerous, comical, incompetent and fundamentally different from other people. These inaccurate images perpetuate unfavourable stereotypes, which can lead to the rejection, marginalisation and neglect of people with mental illnesses.

This qualification seeks to address the inaccuracies surrounding perceptions of mental health and, instead, provide accurate information, promote understanding and equip learners with positive coping strategies to improve and maintain mental health and wellbeing.

The award aims to:

- reduce stigma surrounding mental health.
- arm young people with healthy coping strategies.
- promote knowledge of the impact of mental health on behaviour.
- dispel myths surrounding mental health.
- promote understanding of positive and negative impacts on mental health.
- help individuals to make the right choices.
- promote understanding of the potential uses and impact of social media and the internet.
- create resilience

These awards in Mental Health and Wellbeing support the Scottish Government's Mental Health Strategy 2017–2027. Its guiding ambition for mental health is simple but, if realised, will change and save lives: 'We must prevent and treat mental health problems with the same commitment, passion and drive as we do with physical health problems.

## AREAS OF STUDY/COURSE STRUCTURE

The Awards in Mental Health and Wellbeing at SCQF level 4 and 5 consists of four mandatory Units:

- Understanding Mental Health Issues
- Influences on Mental Health and Wellbeing
- Coping Strategies and Building Resilience

## RECOMMENDED ENTRY

There are no set pre-entry requirements for this award.

## ASSESSMENT

There is no exam for this course. Assessment will be based on a range of practical activities and unit assessments.

## PROGRESSION

The level 5 award could provide progression to:

- SCQF level 6 / QCF level 3 qualifications
- an NC in Health and Social Care
- an SVQ 2/Modern Apprenticeship in Social Services and Healthcare
- employment in the care sector

These Awards provide opportunities to develop:

- Core Skills (which underpin all National Certificates)
- Transferable skills

## FUTURE CAREERS

Gaining this award will support both personal and professional progression in any career.