

Unit Title: Understand Mental Well-Being and Mental Health Promotion	
Level:	Three
Credit Value:	3
GLH:	14
OCNLR Unit Code:	PT1/3/LQ/020
Ofqual Unit Reference Number:	F/602/0097

*This unit has 2 learning outcomes*

LEARNING OUTCOMES	ASSESSMENT CRITERIA
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the different views on the nature of mental well-being and mental health and the factors that may influence both across the life span.	1.1. Evaluate two different views on the nature of mental well-being and mental health. 1.2. Explain the range of factors that may influence mental well-being and mental health problems across the life span, including: <ul style="list-style-type: none"> <li>• biological factors</li> <li>• social factors</li> <li>• psychological factors.</li> </ul> 1.3. Explain how the following types of risk factors and protective factors influence levels of resilience in individuals and groups in relation to mental well-being and mental health. <ul style="list-style-type: none"> <li>• risk factors including inequalities, poor quality social relationships</li> <li>• protective factors including socially valued roles, social support and contact.</li> </ul>

<p>2. Know how to implement an effective strategy for promoting mental well-being and mental health with individuals and groups.</p>	<p>2.1. Explain the steps that an individual may take to promote their mental well-being and mental health.</p> <p>2.2. Explain how to support an individual in promoting their mental well-being and mental health.</p> <p>2.3. Evaluate a strategy for supporting an individual in promoting their mental well-being and mental health.</p> <p>2.4. Describe key aspects of a local, national or international strategy to promote mental well-being and mental health within a group or community.</p> <p>2.5. Evaluate a local, national or international strategy to promote mental well-being and mental health within a group or community.</p>
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## Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

**P = Prescribed** This assessment method *must* be used to assess all or part of the unit.

**O = Optional** This assessment method *could* be used to assess all or part of the unit.

Case Study	O	Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay	O	Practical demonstration	