

| Unit Title: Awareness of Mental Health and Wellbeing | |
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| Level: | One |
| Credit Value: | 1 |
| GLH: | 8 |
| OCNLR Unit Code: | PA9/1/LQ/012 |
| Ofqual Unit Reference Number: | K/616/6509 |

This unit has 4 learning outcomes

| LEARNING OUTCOMES | ASSESSMENT CRITERIA |
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| The learner will: | The learner can: |
| 1. Understand what is meant by the terms 'mental health' and 'wellbeing'. | 1.1. Describe what is meant by the terms 'mental health' and 'wellbeing'. 1.2. Identify a range of mental health issues. 1.3. Outline factors that can affect mental health and wellbeing. |
| 2. Understand mental health issues in relation to diverse groups. | 2.1. Identify factors that may cause mental health issues in different groups. |
| 3. Know how to access support for mental health issues. | 3.1. Identify one source of support for individuals seeking help with mental health issues. 3.2. Identify barriers to accessing support. |
| 4. Know how to foster good mental health and wellbeing in self. | 4.1. Identify at least three ways in which to foster own positive mental health and wellbeing. |

Assessment

The grid below provides suggestions for the types of assessment activities that can be used with the unit attached to provide evidence for the learner's portfolio. Please refer to the OCN London Assessment Guidance document for definitions of each activity and the expectations for assessment practice and evidence for moderation.

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| Case Study | ✓ | Project | |
| Written question & answer/test/exam | ✓ | Role play/simulation | |
| Essay | | Practical demonstration | |
| Report | | Group discussion | |
| Oral question and answer | ✓ | Performance/exhibition | |
| Written description | ✓ | Production of artefact | |
| Reflective log/diary | | Practice file | |