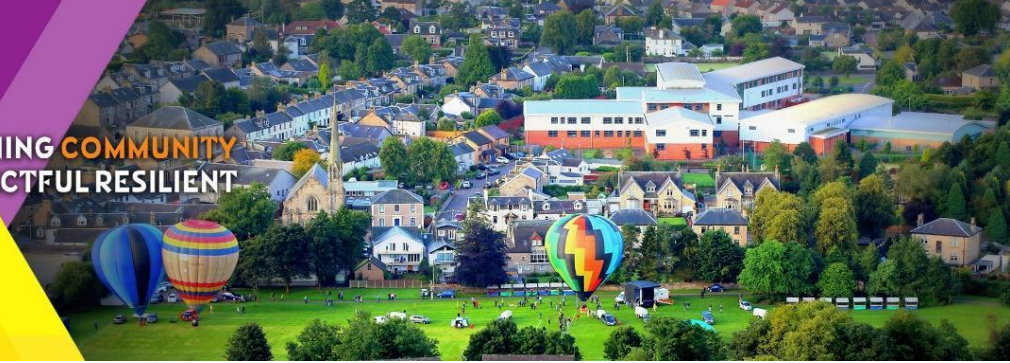




STRATHAVEN LEARNING COMMUNITY
RESPONSIBLE RESPECTFUL RESILIENT



Mental Health & Wellbeing Information

Course Overview

This 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.

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.

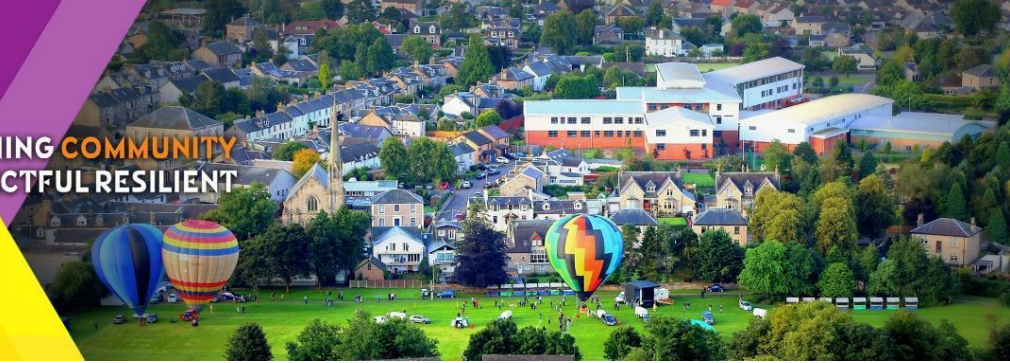
Levels of Study

National 4: This award has been designed to enable young people to acquire and develop understanding and skills around mental health and wellbeing. Pupils will be required to complete all three mandatory units to gain the full award.

The mandatory units are: Understanding Mental Health Issues; Influences on Mental Health and Wellbeing; Coping Strategies and Building Resilience



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Young people do not need any prior qualifications to begin this award. To achieve a unit within the award, pupils will need to pass the unit assessment. Throughout all 3 units, pupils will identify and describe relevant issues. Unit assessment may include practical work, written work and discussion. By completing this award young people will gain awareness and understanding of mental health and wellbeing.

National 5: This award has been designed to enable young people to acquire and develop understanding and skills around mental health and wellbeing. Pupils will be required to complete all three mandatory units to gain the full award.

The mandatory units are: Understanding Mental Health Issues; Influences on Mental Health and Wellbeing; Coping Strategies and Building Resilience

Young people do not need any prior qualifications to begin this award. To achieve a unit within the award, pupils will need to pass the unit assessment. Throughout all 3 units, pupils will describe and explain relevant issues. Unit assessment may include practical work, written work and discussion. By completing this award young people will gain awareness and understanding of mental health and wellbeing.

Career Opportunities

Mental Health and Wellbeing lends itself to a range of career pathways such as psychology, counselling, medicine, teaching, social work and care. The 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. Candidates will also have the opportunity to develop skills such as self-reliance, resilience, problem solving, self-esteem, self-confidence and personal responsibility. All of these skills would be beneficial to any future career or job.