

NEW

# MENTAL HEALTH AND WELLBEING

EQUIVALENT TO 1 A LEVEL

This course provides students with knowledge and understanding of the fundamentals of mental health, preparing them for undergraduate study. Students will explore how societal attitudes have changed over time and develop practical skills and strategies to positively impact individuals and communities.

## Specific course entry requirements

College entry (please refer to the Entry Requirements section on the college website for further details).

## How will I be assessed?

This is a Cambridge National qualification (AAQ), which means that 50% of your course is assessed through two external examinations. One of these will be in Y12 and one in Y13. The remaining 50% is made up of coursework which you will also complete across the two years at college.

## What will I study?

Students must complete four mandatory and one optional unit to be awarded the Extended Certificate in Mental Health. These include:

- Fundamentals of Mental Health and the Individual (Exam)

Understanding mental health helps individuals maintain their own wellbeing and cope with life's challenges more effectively. Recognising the signs of mental health issues in yourself and others is increasingly valuable.

Mental Health, Wellbeing and Society (Exam)

Mental health and wellbeing can be affected by many factors in society. There are many societal factors that influence us and have an impact on our lives. The communities we are a part of and the structures and systems that exist all have a bearing on shaping our lives and our mental health and wellbeing.

Supporting and Promoting Mental Health and Wellbeing in Organisations (Coursework)

Students will explore the issues that affect people in different types of work and will devise a survey to monitor the mental health and wellbeing of people at work.

- Community-Based Support for Mental Health and Wellbeing (Coursework)

Students will explore how social connection, or isolation, can affect people in different periods of their lives.

Supporting mental health and wellbeing with outdoor and creative activities (Coursework)

Students will explore how nature and creative activities can affect people's mental health and wellbeing. Students will develop their reflective skills by creating an information pack about different therapeutic services.

## Where will this course lead me?

Students completing this qualification could progress onto university to study mental health-related degrees, such as Mental Health and Wellbeing, Counselling and Therapeutic Services; Child and adolescent mental health and wellbeing; Public health. This would be a useful qualification for students considering careers in the field of mental health, but also within the NHS in roles such as nursing, midwifery, teaching, early years practice, the police, and business.