

## **Unit 11: Understand Mental Wellbeing and Mental Health Promotion**

<b>Unit code:</b>	CMH 301
<b>Unit reference number:</b>	F/602/0097
<b>QCF level:</b>	3
<b>Credit value:</b>	3
<b>Guided learning hours:</b>	14

---

### **Unit summary**

This unit aims to provide the learner with an understanding of the key concepts of mental wellbeing, mental health and mental health promotion. It focuses on the range of factors that can influence mental wellbeing and how effectively to promote mental wellbeing and mental health with individuals and groups in a variety of contexts, not just specialist mental health services.

### **Assessment requirements**

This unit must be assessed in accordance with Skills for Care and Development's QCF Assessment Principles.

### **Additional Information**

Learning outcome 1, assessment criterion 1.2 requires learners to 'explain the range of factors that may influence mental wellbeing and mental health problems *across the lifespan*'. The qualification is aimed at those working with people aged 18 to 65 years, but learners are expected to demonstrate their understanding of how factors arising from individuals' early lives may influence their wellbeing as adults and the potential impact of levels of wellbeing in adulthood their wellbeing in later life. This is in order to promote a holistic and whole-person approach to understanding wellbeing and mental health. Learners are not expected to have a detailed understanding of mental health issues for children and young people or older people.

### **Assessment methodology**

Learners can enter the types of evidence they are presenting for assessment and the submission date against each assessment criterion. Alternatively, centre documentation should be used to record this information.

## Learning outcomes and assessment criteria

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
<p>1 Understand the different views on the nature of mental well-being and mental health and the factors that may influence both across the lifespan</p>	<p>1.1 Evaluate two different views on the nature of mental wellbeing and mental health</p> <p>1.2 Explain the range of factors that may influence mental wellbeing and mental health problems across the life span, including:</p> <ul style="list-style-type: none"> <li>a biological factors</li> <li>b social factors</li> <li>c psychological factors</li> </ul> <p>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 wellbeing and mental health:</p> <ul style="list-style-type: none"> <li>a risk factors including inequalities, poor-quality social relationships</li> <li>b protective factors including socially valued roles, social support and contact</li> </ul>			

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
<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 wellbeing and mental health</p> <p>2.2 Explain how to support an individual in promoting their mental wellbeing and mental health</p> <p>2.3 Evaluate a strategy for supporting an individual in promoting their mental wellbeing and mental health</p> <p>2.4 Describe key aspects of a local, national or international strategy to promote mental wellbeing and mental health within a group or community</p> <p>2.5 Evaluate a local, national or international strategy to promote mental wellbeing and mental health within a group or community</p>			

Learner name: \_\_\_\_\_ Date: \_\_\_\_\_

Learner signature: \_\_\_\_\_ Date: \_\_\_\_\_

Assessor signature: \_\_\_\_\_ Date: \_\_\_\_\_

Internal verifier signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(if sampled)