Unit 12: Understand Mental Health Problems

Unit code: CMH 302

Unit reference number: J/602/0103

QCF level: 3

Credit value: 3

Guided learning hours: 14

Unit summary

This unit aims to provide the learner with knowledge of the main forms of mental health problems according to the psychiatric classification system. Learners also consider the strengths and limitations of this model and look at alternative frameworks for understanding mental distress. The focus of the unit is on understanding the different ways in which mental health problems impact on the individual and others in their social network. It also considers the benefits of early intervention in promoting mental health and wellbeing.

Assessment requirements

In learning outcome 1, assessment criterion 1, learners are asked to describe 'the main types of mental ill health according to the psychiatric (DSM/ICD) classification system'. Learners should demonstrate knowledge of how types of mental health are categorised by their main signs and symptoms and how the system attempts to draw a line between mental health and mental disorder. Learners do not need to demonstrate detailed knowledge of each form of disorder within each category.

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
1	Know the main forms of mental ill health	1.1	describe the main types of mental ill health according to the psychiatric (DSM/ICD) classification system: mood disorders, personality disorders, anxiety disorders, psychotic disorders, substance-related disorders, eating disorders, cognitive disorders			
		1.2	explain the key strengths and limitations of the psychiatric classification system			
		1.3	explain two alternative frameworks for understanding mental distress			
		1.4	explain how mental ill health may be indicated through an individual's emotions, thinking and behaviour			

Learning outcomes	Assessment criteria	Evidence type	Portfolio reference	Date
2 Know the impact of mental ill health on individuals and others in their social network	2.1 explain how individuals experience discrimination due to misinformation, assumptions and stereotypes about mental ill health			
	2.2 explain how mental ill health may have an impact on the individual including: – psychological and emotional – practical and financial – the impact of using services – social exclusion – positive impacts			
	2.3 explain how mental ill health may have an impact on those in the individual's familial, social or work network including: – psychological and emotional – practical and financial – the impact of using services – social exclusion – positive impacts			
	2.4 explain the benefits of early intervention in promoting an individual's mental health and wellbeing			

Learner name: _____ Date: _____

Learner signature: _____ Date: _____

Assessor signature: _____ Date: _____

Internal verifier signature: _____ Date: _____
(if sampled)