Unit Information

Unit: Mental Health and Well-being
Level: 3
Credit Value: 3

What you will study:

You will learn the meaning of the terms ‘mental health’, ‘mental well-being’ and ‘mental ill-health’, and the factors that can influence these. You will learn why positive mental health is important, and the risk factors that can contribute to developing mental ill-health. The unit will also cover the different coping strategies, such as; talking therapies, medication, peer/support groups, etc.

How you will be assessed:

1. You will complete a number of short answer questions.
2. You will write an essay.