

MENTAL HEALTH AND WELL BEING SCQF LEVEL 5



What skills will you gain?

An increasing number of young people experience some form of mental health problem themselves or with their friends or family. Many are unsure about how to seek help for themselves or how to support others. This course looks at explaining and developing a deeper understanding of the issue.

- talk about mental health
- arm yourself with healthy coping strategies
- remove the myths surrounding mental health
- understand positive and negative impacts on mental health
- learn to make the right choices
- understand the positive and negative side of social media and the internet
- create resilience

What units will I study?

- Understanding Mental Health Issues
- Influences on Mental Health and Wellbeing
- Coping Strategies and Building Resilience

Entry Requirements?

There are no set entry requirements for this course apart from an interest in the subject and the ability to work at level 4. This can be discussed at interview.

How and where will I study?

Virtual classes use online technologies, such as Google Hangouts, in timetabled sessions and will have a college lecturer in virtual attendance during the class.

How will I be assessed?

You will be assessed throughout the year in class.

Where will it take me?

This qualification will build confidence in understand well being. It can help you towards further study in school or college.

How do I apply?

Application is online. Please speak to your guidance teacher.

For more information please visit: