

**Unit Title:** Mental Health  
**Unit Level:** Level 1  
**Unit Credit Value:** 3  
**GLH:** 27  
**LASER Unit Code:** WJC703  
**Ofqual Unit Code:** R/506/0965

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the importance of a person centred approach when working with individuals with mental health problems.	1.1	Outline why it is important to recognise and value an individual with mental health problems as a person first.
		1.2	Give examples of how to use a person centred approach when working with individuals with mental health problems.
2.	Know the main factors that can cause mental health problems.	2.1	Outline factors that affect mental health.
		2.2	Give examples of a range of mental health problems.
3.	Understand the importance of effective communication with individuals who have mental health problems.	3.1	Identify the benefits of effective communication on the lives of individuals with mental health problems.
		3.2	Outline why it is important to use active listening skills with individuals who have mental health problems.

<b>Assessment Guidance:</b>
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<b>Additional Information:</b>
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