

**Unit Title:** Understanding Mental Health  
**Unit Level:** Level 2  
**Unit Credit Value:** 3  
**GLH:** 24  
**LASER Unit Code:** WJD504  
**Ofqual Unit Code:** H/504/8965

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the term 'Mental Health'.	1.1	Define the term 'Mental Health'.
		1.2	Describe the key symptoms of mental health illnesses.
		1.3	Describe the impact of mental health problems.
2.	Know about methods for treating and/or controlling mental illness.	2.1	Describe management and treatment approaches that may be used in mental illnesses.
		2.2	Compare the strengths and weaknesses of the different approaches described.
3.	Know about aggressive behaviour.	3.1	Describe obvious signs of aggressive behaviour.
		3.2	Explain causes of aggressive behaviour.
		3.3	Describe different ways of defusing and controlling volatile situations.
4.	Know about the role of therapeutic communication skills in 'Mental Health'.	4.1	Outline therapeutic verbal and non-verbal communication skills used in mental health.
		4.2	Give an example of the use of skills, describing own strengths and weaknesses.
5.	Know about the roles and functions of agencies and individuals providing care services for people who are mentally ill.	5.1	Identify the different agencies working the field of 'Mental Health'.
		5.2	Explain the roles of the identified agencies.
		5.3	Explain how they relate to each other to support an individual with mental illness.

**Assessment Guidance:**

NA

**Additional Information:**

NA