

Unit Title: Approaches To Mental Health
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJF272
Ofqual Unit Code: H/507/0576

This unit has 5 learning outcomes.

| LEARNING OUTCOMES | | ASSESSMENT CRITERIA | |
|-------------------|--|---------------------|--|
| The learner will: | | The learner can: | |
| 1. | Understand the term 'mental health'. | 1.1 | Describe the term 'mental health'. |
| | | 1.2 | Identify and describe the key symptoms of three mental health illnesses. |
| | | 1.3 | Describe the impact of mental health problems on individuals. |
| 2. | Understand the differing methods for treating/controlling mental illness. | 2.1 | Describe the different management and treatment approaches that may be used in three mental illnesses. |
| | | 2.2 | Compare the strengths and weaknesses of these approaches. |
| 3. | Understand the different techniques for anger management. | 3.1 | Describe overt signs of aggressive behaviour. |
| | | 3.2 | Describe three possible causes or triggers of aggressive behaviour in an individual. |
| | | 3.3 | Describe different ways of defusing and controlling volatile situations. |
| 4. | Understand the role of therapeutic communication skills in mental health. | 4.1 | Describe the range of therapeutic verbal and non-verbal communication skills used in mental health. |
| | | 4.2 | Describe giving examples the strengths and weaknesses in three of these skills. |
| 5. | Understand the roles and functions of a range of agencies and individuals providing care services for people who are mentally ill. | 5.1 | Differentiate between the different agencies working in the field of mental health. |
| | | 5.2 | Describe their roles and ways in which they relate to each other to support an individual with mental illness. |

Assessment Guidance:

NA

Additional Information:

NA