

## OCN London Qualifications offered via LASER



### HEALTH AND WELLBEING

QUALIFICATION NUMBER	QUALIFICATION TITLE	AGE	TOTAL CREDITS	DESCRIPTION
603/3134/3	<a href="#">OCNLR Level 1 Certificate in Health and Wellbeing</a>	14+	13	The Certificate in Awareness of Mental Health and Wellbeing has been developed to raise awareness of mental health and wellbeing and some of the issues that impact on health, mental health and wellbeing.
603/3123/9	<a href="#">OCNLR Level 1 Award in Awareness of Drugs and Substance Misuse</a>	14+	1	The Level 1 Award in Awareness of Drugs and Substance Misuse provides learners with an understanding of the use and misuse of legal and illegal drugs and substances, and the risks involved.
603/3116/1	<a href="#">OCNLR Level 1 Award in Awareness of Health and Wellbeing</a>	14+	1	The Level 1 Award in Awareness of Health and Wellbeing aims to provide learners with an understanding of what is meant by 'health and wellbeing' and the lifestyle choices and factors that can affect it.
603/2570/7	<a href="#">OCNLR Level 1 Award in Awareness of Mental Health and Wellbeing</a>	14+	1	Awareness of Mental Health and Wellbeing Awards have been developed to provide all people not involved with the delivery of mental health services, with an understanding of mental health and its issues.
603/3117/3	<a href="#">OCNLR Level 1 Award in Body Image and the Media</a>	14+	1	The Level 1 Award in Body Image and the Media aims to help learners understand how images of people are portrayed through the media, how the media can influence their own body image, and the cultural differences of how people are portrayed.
603/3124/0	<a href="#">OCNLR Level 1 Award in Personal Safety Awareness</a>	14+	2	The Level 1 Award in Personal Safety Awareness helps learners recognise potential risks to their personal safety and possessions, know how to minimise these risks, how to stay safe in conflict situations, and how to report incidents relating to personal safety.



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603/3126/4	<a href="#">OCNLR Level 1 Award in Social Media and Mental Wellbeing</a>	14+	2	This Award aims to provide learners with an understanding of the benefits and risks associated with forms of social media, knowledge of how to access support when mental health is affected by social media, and how to foster healthy social media practices that can improve mental health and wellbeing.
603/2571/9	<a href="#">OCNLR Level 2 Award in Awareness of Mental Health and Wellbeing</a>	14+	2	This Level 2 Award aims to raise awareness of mental health issues and how to foster good mental health and wellbeing. The aim is to remove the stigma of mental health by providing an understanding of issues surrounding it.