

Unit Title:	Mental Health and Wellbeing
Unit Level:	Three
Unit Credit Value:	3
Unit Code:	WNI859
Unit Type:	Other
Unit Review Date:	31/12/2028
Graded / Ungraded:	Ungraded

This unit has 3 learning outcomes:

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1. Understand the relationship between resilience and mental wellbeing.	1.1 Explain the relationship between resilience and mental wellbeing. 1.2 Identify three factors that could negatively impact an individual’s wellbeing. 1.3 Outline three strategies that could be used to reduce the impact of these factors and improve wellbeing. 1.4 Discuss three common strategies that can be used to build resilience.
2. Understand the expression of feelings and emotions and how these could be managed.	2.1 Explain the difference between emotions and feelings using examples. 2.2 For a given scenario discuss positive and negative responses 2.3 Outline strategies that could be used to manage emotions and feelings that could arise in the given scenario. 2.4 Analyse the psychological and physiological impact of stress on mental health and wellbeing.
3. Understand how mental wellbeing can be supported and managed.	3.1 Evaluate three strategies or methods that can be used to manage and maintain mental wellbeing. 3.2 Analyse the types of support available from various individuals, agencies, and organisations responsible for supporting mental health.

Assessment (Ungraded)

1. Meets assessment criteria

Achieved