

Unit title:	Positive Mental Health
Level:	One
Credit value:	1
GLH:	7
TQT:	10
Unit code:	HH8/1/NQ/001
Unit reference number:	D/618/3873
Unit aim:	Learners will be aware of the signs and symptoms of common mental health conditions and the factors that can impact a person's mental state both positively and negatively. They will know where to seek support for their own mental health.

This unit has 4 learning outcomes.

Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
1. Understand what is meant by positive and negative mental health.	1.1. Explain the term "positive mental health". 1.2. Explain the term "negative mental health".
2. Understand the factors that can result in a period of poor mental health.	2.1. Identify three factors that can have a negative impact on a person's mental state. 2.2. Identify factors that have a positive effect on your own mental state. 2.3. Discuss an experience that had a negative impact on your own mental state.
3. Know about common mental health conditions.	3.1. State the signs and symptoms of four common mental health conditions.

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Learning Outcomes	Assessment Criteria
The learner will:	The learner can:
4. Know how and where to seek support for mental ill health.	4.1. Identify three sources of support for individuals seeking help with mental health issues. 4.2. Identify personal and professional sources of support for own mental health.

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Assessment information

All Assessment Criteria must be evidenced. For guidance on assessment, including principles of assessment and methods which may be used, Centres should consult the Open College Network West Midlands publication *Assessment Methods* and the 'Assessment' section of the *Open College Network West Midlands Centre Handbook*, both are available on our website www.opencollnet.org.uk.

Sector Subject Area (SSA)	14.1
Date from which unit will be available for learners	24/08/2020
Unit review date	31/08/2025
Assessment guidance	N/A