

Level 2

Award in Understanding Mental Wellbeing

This qualification will provide learners with all the skills and understanding to improve people's mental wellbeing.

WHO NEEDS THIS QUALIFICATION?

- People who work with families in a healthcare environment
- Local authority workers
- People who work for housing associations
- Mental wellbeing volunteers
- People with roles that include looking after the mental wellbeing of others
- People who work in an educational setting

HOW IS THIS QUALIFICATION ASSESSED?

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination.

WHAT DOES THIS QUALIFICATION COVER?

- How a person's mental health and wellbeing affects their overall health
- Why good mental health is important for people
- Methods for promoting good mental health and wellbeing
- How to adopt practical steps to improve the mental wellbeing of others
- What you can do to look after your own mental wellbeing

WHY RSPH?

RSPH is the UK's leading independent OFQUAL regulated awarding body for public health qualifications.



Guided Learning time:
7 hours

Total qualification time:
8 hours

1 unit

