

## **Level 2 Award in Understanding Mental Wellbeing**

**April 2019**

**7 Guided Learning Hours  
8 Total Qualification Time (TQT)**

**Ofqual Qualification Number 601/3116/0**

### **Description:**

The objective of this qualification is to provide candidates with a knowledge and understanding of the principles of mental wellbeing, the effect of mental wellbeing on the individual and community, and how mental wellbeing can be maintained or improved.

The qualification will provide learners with an understanding of the importance of mental wellbeing, the theoretical models that can be used to describe it and factors that may affect it.

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## Summary of Learning Outcomes:

To achieve this unit a candidate must:

1. **Know how mental wellbeing affects individuals and communities, with reference to:**
  - 1.1 aspects of mental wellbeing
  - 1.2 the importance of mental wellbeing for the individual
  - 1.3 how the community can affect and be affected by mental wellbeing.
  
2. **Know how mental wellbeing can be improved and maintained, with reference to:**
  - 2.1 guidance for improving and maintaining mental wellbeing
  - 2.2 methods for the promotion of mental wellbeing
  - 2.3 applications of mental wellbeing in practical situations

Candidates successfully achieving this qualification will have knowledge and understanding of facts, procedures and ideas around mental wellbeing to complete well-defined tasks and address straight-forward problems. They will be able to interpret relevant information and ideas and will be aware of a range of information that is relevant to mental wellbeing.

## **Content:**

### **1 Know how mental wellbeing affects individuals and communities**

#### *1.1 Aspects of mental wellbeing:*

Mental wellbeing is a positive state of mind that enables an individual to feel good and function well.

Definitions such as the WHO definition of health (2007), WHO definition of mental health (2013) and HM Government definition of mental wellbeing (2011 in 'No Health Without Mental Health').

Mental wellbeing models such as the Single Continuum model, Dual continuum (Activation / Pleasure) model and Friedli's Dynamic Model of Mental Wellbeing (to illustrate influences on mental wellbeing); application of the models.

Aspects of wellbeing such as: happiness and life satisfaction, good relationships with others, self-realisation, resilience, peace of mind, self-awareness, confidence, control over own life and environment and personal relationships.

High and low levels of mental wellbeing, relationship between mental wellbeing and mental illness.

#### *1.2 The importance of mental wellbeing for the individual:*

How mental wellbeing enables an individual to feel good and function well.

Effect of mental wellbeing on physical, social, spiritual, environmental and emotional health such as general health, life expectancy and rates of illness, self-confidence, esteem, optimism, contentment, sense of belonging, meaning and purpose.

Impact of low mental wellbeing on physical health, social, spiritual, environmental and emotional health such as the effect on long term conditions, stress, anxiety, hopelessness, despair, depression, loss of meaning, mental health problems, drug and alcohol misuse and smoking.

Possible effect of mental wellbeing on educational outcomes, earning and relationships.

#### *1.3 How the community can affect and be affected by mental wellbeing:*

How mental wellbeing and the community can interact to have a positive or negative effect on the community and the individual.

Communities to include the workplace, educational establishments, neighbourhood, spiritual, social and on-line.

Effect of poor mental wellbeing in a community on social cohesion, morale, discrimination and vulnerability.

Effect on mental wellbeing of amenities, employment, public services, safety/security, housing, support networks and social networks.

## **2 Know how mental wellbeing can be improved and maintained**

### *2.1 Guidance for improving and maintaining mental wellbeing:*

Effect of nutrition, sleep, exercise, physical health, emotional wellbeing, environment, employment; personal and social interaction, social media and the use of stimulants.

### *2.2 Methods for the promotion of mental wellbeing:*

Need to ensure that an individual's basic needs are met, that individuals have a sense of purpose, that they feel able to achieve important personal goals and participate in society.

Need for supportive personal relationships, strong and inclusive communities, good health, financial and personal security, rewarding employment, and a healthy and attractive environment.

Methods for achieving this such as five ways to mental wellbeing, relaxation and mindfulness.

### *2.3 Applications of mental wellbeing in practical situations:*

What individuals could do in practice to improve their own mental wellbeing, improve the mental well being of others and raise awareness of mental wellbeing, such as 'Five ways to Wellbeing' and 'Ten keys for happiness'.

## **Assessment:**

The knowledge and understanding of the candidates will be by a multiple-choice examination provided by RSPH. A candidate who is able to satisfy the learning outcomes will **achieve** a score of at least 14 out of 20 in the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

## **Centre and Learner Guidance:**

A list of suggested reading and useful web-sites and key resources are available in the Centre Area of the RSPH web-site.

## **Recommended prior learning:**

There are no recommended prior learning requirements for this qualification.

## **How to apply to offer this qualification:**

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website [www.rsph.org.uk](http://www.rsph.org.uk). Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at [centreapproval@rsph.org.uk](mailto:centreapproval@rsph.org.uk) if you need any assistance.

## **National Occupational Standards**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

SFHMH39 Enable individuals and families to identify factors affecting, and options for optimising, their mental health and wellbeing.

SFHMH62 Determine the concerns and priorities of individuals and families in relation to their mental health and mental health needs

SFHMH77 Raise stakeholders' awareness of the value of leisure activities for people with mental health needs.

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

The qualification is also mapped to the following dimensions of the NHS Knowledge and Skills Framework:

Dimension HWB1: Promotion of health and well-being and prevention of adverse effects on health and well-being

### **Special Needs:**

Centres that have candidates with special needs should consult The Society's *Regulations and Guidance for Candidates with Special Assessment Needs*; this is available from The Society and The Society's web site ([www.rsph.org.uk](http://www.rsph.org.uk)).

### **Progression**

Learners who achieve this qualification can progress to the following qualifications:

RSPH Level 2 Award in Understanding Emotional Wellbeing  
RSPH Level 2 Award in Understanding Health Improvement  
RSPH Level 2 Award in Understanding Behaviour Change  
RSPH Level 2 Award in Improving the Public's Health  
RSPH Level 3 Certificate in Health and Wellbeing Improvement  
RSPH Level 3 Diploma in Health and Wellbeing Improvement – Supporting behaviour change in professional practice

### **Recommended Qualifications and Experience of Tutors:**

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

Centres should be registered with The Society

### **Contact Details:**

Any enquiries about this qualification should be made to:

The Qualifications Department,  
Royal Society for Public Health,  
John Snow House,  
59 Mansell Street  
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