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Title: Mental Health and Wellbeing  
Status: Definitive  
Code: **5505ARCCS** (121061)  
Version Start Date: 01-08-2016  
  
Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ5      **Credit Value:** 24      **Total Delivered Hours:** 48  
**Total Learning Hours:** 240      **Private Study:** 192

### Delivery Options

Course typically offered: Semester 2

Component	Contact Hours
Lecture	30
Seminar	12
Tutorial	6

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Essay	AS1	3000 word essay	70	
Presentation	AS2	20 minute poster presentation	30	

### Aims

*To examine the principles and dynamics of promoting mental health and wellbeing across a range of populations within society.*

*To analyse the role of politics and policy in provision of mental health services with a focus on access to counselling and other talking therapies.*

## Learning Outcomes

After completing the module the student should be able to:

- 1 Discuss and analyse knowledge of theoretical models and approaches and their application to positive mental health.
- 2 Evaluate a variety of perspectives of positive mental health and their effect on the mental wellbeing of individuals.
- 3 Examine local initiatives and opportunities through which mental health and wellbeing may be promoted.

## Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

ESSAY 3000 WORDS	1	2
POSTER PRESENTATION 20MINS	3	

## Outline Syllabus

*The module aims to enable students to gain an understanding of what constitutes and contributes to mental health and wellbeing and the strategies they may employ within their work practice to promote positive mental health and behaviour change.*

*Health promotion models*

*Current initiatives – local and national*

*Policy and political actions– local and national*

*Health behaviours*

*Social and environmental influences*

*Health behaviours at an individual level*

*Reducing social, economic and human costs and improving health benefits*

*Supporting communities*

*Improving lives – social and economic inequalities*

*Mental health strategies – prevention, protection and promotion*

## Learning Activities

Lectures, group and class discussion, seminar and individual study.

Its Learning (VLE) will be utilised as an additional learning resource on this module. This will provide links to academic web-sites and on-line journals, facilitate group discussion outside of the classroom, access to outline lecture notes, and provide students with assessment details.

Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss further progress.

## References :

Course Material: Book

Author: Philips, P., Sandford T., and C. Johnston

Publishing Year: 2012

Title: Working in Mental Health

Subtitle: Practice and Policy in a changing environment

Edition:

Publisher: Routledge

ISBN: 0415691109

Course Material: Book

Author: Pilgrim, D. and McCranie A.

Publishing Year: 2013

Title: Recovery and Mental Health

Subtitle: A critical sociological account

Edition:

Publisher: Palgrave

ISBN: 9780230291386

Course Material: Book

Author: Tantam, D.

Publishing Year: 2014

Title: Emotional Wellbeing and Mental Health

Subtitle:

Edition:

Publisher: Sage Publications

ISBN: 9781412931090

## Notes

The module will provide students with a holistic view of approaches and strategies to support mental health and wellbeing. The module will start with a consideration of factors which may contribute towards an individual's experience of mental health followed by exploration of national and local initiatives promoting mental wellbeing. This will enable learners to investigate and apply knowledge of local initiatives and opportunities promoting positive mental health relevant to their setting, organisation and clients. Relevant models of health promotion, concepts and theories will be introduced and examined. This will enable learners to encourage strategies for positive steps for mental health within their setting and with clients.