

Summary Information

Module Code	5512ARCMH
Formal Module Title	Promoting Mental Wellbeing
Owning School	Nursing and Allied Health
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 5
Grading Schema	40

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
Philomene Uwamaliya	Yes	N/A

Module Team Member

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Nelson and Colne College Group

Learning Methods

Learning Method Type	Hours
Lecture	48

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks

Aims and Outcomes

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

After completing the module the student should be able to:

Code	Description
MLO1	Identify and assess how biological, sociological and psychological factors might contribute towards an individual's experience of mental well-being.
MLO2	Explore and evaluate approaches, settings and levels (individual, community and national) through which mental health and well-being may be promoted.
MLO3	Evaluate the contributions made by social policy in the field of mental health promotion.

Module Content

Outline Syllabus
What is Health Promotion? Underlying principles & strategies to bring about change in the health behaviour of individuals, communities and wider society Aspects of Self Stressors upon the individual in respect of their mental health status Mental Health Promotion Models and frameworks Promotion or demotion of mental well-being Implementation of Mental Health Promotion Strategies The Mental Health of Society Application of the approaches, settings and levels used in its promotion Evaluation of Mental Health Promotion Campaigns Issues surrounding concepts of mental health: Conceptualising the 'Mind' Socio-cultural aspects of mental health promotion

Module Overview

Additional Information

Students will have the opportunity to choose an aspect of mental health promotion that they wish to explore in depth, in preparation for fulfilment of the module assessment criteria. The use of a range of resources is encouraged. This module will also capture the 5 ways to wellbeing. Regular tutorials will provide opportunities for informal formative assessment to support student learning and discuss their overall progress.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Essay	Essay 3000 words	100	0	MLO1, MLO2, MLO3