

## Liverpool John Moores University

Title: Mental Health and Wellbeing  
Status: Definitive  
Code: **5516ARCCS** (124445)  
Version Start Date: 01-08-2021

Owning School/Faculty: Nursing and Allied Health  
Teaching School/Faculty: Accrington & Rossendale College

Team	Leader
Philomene Uwamaliya	Y

**Academic Level:** FHEQ5  
**Credit Value:** 20  
**Total Delivered Hours:** 48  
**Total Learning Hours:** 200  
**Private Study:** 152

### 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
Presentation	AS1	Post presentation 15mins	30	
Essay	AS2	Essay 2500words	70	

### 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:

Poster presentation 15mins	1	2
Essay 2500words	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.

## 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.