

Summary Information

Module Code	5516ARCCS
Formal Module Title	Mental Health and 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	30
Seminar	12
Tutorial	6

Module Offering(s)

Offering Code	Location	Start Month	Duration
JAN-PAR	PAR	January	12 Weeks
SEP-PAR	PAR	September	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. 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.
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Learning Outcomes

After completing the module the student should be able to:

Code	Description
MLO1	Discuss and analyse knowledge of theoretical models and approaches and their application to positive mental health.
MLO2	Evaluate a variety of perspectives of positive mental health and their effect on the mental wellbeing of individuals.
MLO3	Examine local initiatives and opportunities through which mental health and wellbeing may be promoted.

Module Content

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

Module Overview

Additional Information

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. Students will promote a local initiative, demonstrating their own ideas on how to promote mental health and wellbeing. The target audience must be considered when delivering the presentation.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Learning Outcome Mapping
Presentation	Poster presentation 15 mins	40	0	MLO2, MLO1
Essay	Essay 2000 words	60	0	MLO3