

Unit Title: Understanding Mental Health	
Level:	Two
Credit Value:	3
GLH:	24
OCNLR Unit Code:	PH4/2/LQ/001
Ofqual Unit Reference Number:	H/504/8478

This unit has 5 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Understand the term 'Mental Health'.	1.1. Describe the term 'Mental Health'. 1.2. Identify and describe the key symptoms of three mental health illnesses. 1.3. Describe the impact of mental health problems on individuals.
2. Understand the differing methods for treating/controlling mental illness.	2.1. Describe the different management and treatment approaches that may be used in three mental illnesses. 2.2. Compare the strengths and weaknesses of these approaches.
3. Understand the different techniques for anger management.	3.1. Describe overt signs of aggressive behaviour. 3.2. Describe three possible causes or triggers of aggressive behaviour in an individual. 3.3. Describe different ways of defusing and controlling volatile situations.
4. Understand the role of therapeutic communication skills in mental health.	4.1. Describe the range of therapeutic verbal and non-verbal communication skills used in mental health. 4.2. Describe giving examples that illustrate the strengths and weaknesses in three of these skills.
5. Understand the roles and functions of a range of agencies and individuals providing care services for people who are mentally ill.	5.1. Differentiate between the different agencies working in the field of mental health. 5.2. Describe their roles and ways in which they relate to each other to support an individual with mental illness.

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam	O	Role play/simulation	
Essay		Practical demonstration	
Report	O	Group discussion	O
Oral question and answer		Performance/exhibition	
Written description	O	Production of artefact	