

ADAPTING THROUGH MENTAL HEALTH



HWB - EFFECTIVE CONTRIBUTORS

BUILD CONFIDENCE AND LIFE SKILLS WHILE LEARNING HOW TO SUPPORT MENTAL HEALTH AND WELLBEING.

Level 5 Mental Health and Wellbeing gives you the opportunity to explore how mental health affects thoughts, feelings, and behaviour. You will learn about stress, emotions, resilience, and self-care strategies, while developing confidence, empathy, and self-awareness. The course supports positive wellbeing, builds life skills, and helps you understand how to look after yourself and others in everyday situations.



SKILLS FOCUS



COMMUNICATING



COLLABORATING



LEADING



CURIOSITY



CREATIVITY



CRITICAL THINKING



INITIATIVE



ADAPTING



FOCUSING



RECOGNITION OF ACHIEVEMENT

Level 5 Mental Health and Wellbeing Award



LEARNING INTENTION, SUCCESS CRITERIA & CAREER OPPORTUNITIES

Learning Intentions

- I can communicate my understanding of mental health and wellbeing using appropriate language.
- I can show curiosity by asking relevant questions to develop my understanding.
- I can explain factors that positively and negatively affect wellbeing.

Success Criteria

- I can use critical thinking to identify signs of stress and emotional pressure.
- I can adapt wellbeing strategies to suit different situations and needs.
- I can reflect on my responses and identify areas for improvement.

Career Opportunities

- Teaching
- Social Work
- Youth Work
- Health and Social Care

The Four Capacities

