

nqual.

# Level 2

## Award in Mental Health Awareness

(610/2866/6)



Specification Pack

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## ABOUT NQUAL

NQual provides high-quality vocational and occupational qualifications designed to meet the needs of learners and employers.

At NQual we are committed to certificating current and relevant qualifications that meet the demands of today's ever-changing industries. Our dedication to staying at the forefront of knowledge ensures that our qualifications reflect the latest trends in your field of interest.

## QUALIFICATION SPECIFICATION

Qualification Specifications are used to inform and guide centres to deliver the qualification set out within this document. Information within this specification includes a qualification overview, unit breakdowns, assessment guidance and learning outcomes.

Alongside the specification, you will also find a qualification 'Fact Sheet'. These are used as handy tools to provide an overview of the qualifications.

## QUALIFICATION INFORMATION

The NQual Level 2 Award in Mental Health Awareness is regulated by Ofqual.

- Qualification Number: (610/2866/6)

### Overview

This qualification is designed to provide learners with knowledge and skills relating to mental health and promoting well-being. It will provide understanding and skills to support and promote mental health in adults.

The purpose of this qualification is to provide awareness of mental health conditions.

### Entry Requirements

- Minimum age: 16

There are no further entry requirements for this qualification.

### Progression Opportunities

- Level 3 Award in Mental Health First Aid

## Unit Guidance

Learners must achieve all mandatory units. The total credit value for this qualification is 3.

### Mandatory Units

Unit Reference	Title	Level	GLH	Credit Value
K/650/7527	Understand Mental Health	2	8	1
L/650/7528	Recognising Mental Health Conditions	2	8	1
M/650/7529	Supporting Positive Mental Health	2	8	1

### Guided Learning Hours

These hours are made up of contact time, guidance or supervision from course tutors, trainers, or training providers. The Guided Learning Hours for this qualification is 24.

### Total Qualification Time

This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of understanding required for the award of this qualification. This includes the Guided Learning Hours and time spent completing independent study.

The Total Qualification Time for this qualification is 30.

### Delivery Options

NQual allows qualifications to be delivered both online and face-to-face. Please check the additional requirements with your Centre EQA if delivering qualifications online.

### Grading and Assessment

Assessment is used to measure a learner's skill or knowledge against the standards set in this qualification. This qualification is internally assessed and externally quality assured.

The assessment consists of either:

- An internally assessed Portfolio of Evidence and externally quality assured by NQual.
- or
- A completed workbook

A Portfolio of Evidence can contain:

- Professional Discussion and/or Q&A records
- Written answers
- PowerPoint Presentations
- Witness Statements
- Reflective Accounts
- Story Boards

## Approved Centre

To deliver any NQual qualification, each centre must be approved by NQual and meet the qualification approval criteria. The recognition process requires centres to implement policies and procedures to protect learners when undergoing NQual qualifications.

Approved centres must seek approval for each qualification they wish to offer.

The approval process requires centres to demonstrate that they have the resources, including staff, and processes in place to deliver and assess the qualification.

Once approved to offer this qualification, centres must register learners before any assessment takes place. Centres must follow NQual's procedures for registering learners.

## Support From NQual

NQual support all new and existing approved centres. We respond to all communication within 48 hours and hold regular information webinars. If you would like to book our next webinar, please visit the 'News & Events' section on our website.

## Initial Assessment

It is part of the enrolment process by the approved centre to complete an initial assessment. Approved centres must ensure everyone undertaking an NQual qualification complete some form of initial assessment. This will be used to inform the tutor/trainer of current knowledge and understanding.

## Reasonable Adjustment

NQual is committed to providing fair and reasonable adjustments for learners to help reduce the effect of a disability or difficulty that places the learners at a disadvantage during an assessment. For more information on Reasonable Adjustments, please see our Reasonable Adjustments and Fair Access Policy.

## Responsibilities

### Assessor

It is important to note, that to assess qualification content, the assessor must be occupationally competent to assess skills-based competence and/or occupationally knowledgeable to assess knowledge-based content.

Assessors who deliver NQual qualifications must possess a qualification appropriate for the level they are delivering. Examples of these can include at least one of the following:

- D32 Assess Candidate Performance and D33 Assess Candidate Using Differing Sources of Evidence
- A1 Assess Candidate Performance Using a Range of Methods and A2 Assessing Candidates' Performance through Observation
- Level 3 Award in Assessing Competence in the Work Environment (for competence/skills learning outcomes only)
- Level 3 Award in Assessing Vocationally Related Achievement (for knowledge learning outcomes only)
- Level 3 Certificate in Assessing Vocational Achievement
- HEI Certificate in Education
- Qualified Teacher Status Certificate in Education in Post Compulsory Education (PCE)
- Post Graduate Certificate in Education
- Teaching Certificate in Teaching in the Lifelong Learning Sector (CTLLS)

- Diploma in Teaching in the Lifelong Learning Sector (DTLLS)
- L&D9DI - Assessing workplace competence using Direct and Indirect methods (Scotland)
- L&D9D - Assessing workplace competence using Direct methods (Scotland)
- Level 4 Certificate in Education and Training
- Level 5 Diploma in Education and Training
- Level 3 Learning and Skills Assessor Apprenticeship
- Level 5 Learning and Skills Teacher Apprenticeship

Examples of evidence for subject knowledge can include:

- Qualification at the same level or above, the qualification you are delivering
- Extensive experience at the same level or above, the qualification you are delivering

### Internal Quality Assurer

Centre staff who complete Internal Quality Assurance for NQual qualification must possess or be working towards a relevant qualification. Examples of these can include at least one of the following:

- D34 Unit **Internally verify the assessment process**
- V1 Verifiers Award
- Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice or
- Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice

Examples of evidence for subject knowledge must include at least one of the following:

- Qualification at the same level or above, the qualification you are quality assuring
- Extensive experience at the same level or above, the qualification you are quality assuring

## MANDATORY UNITS

### Unit Breakdown: Level 2 Award in Mental Health Awareness

Learners must complete all mandatory units for this qualification.

#### Unit: Understanding Mental Health

Unit Code: K/650/7527

RQF Level: 2

<b>Learning Outcomes</b> <i>To achieve this unit a learner must be able to:</i>	<b>Assessment Criteria</b> <i>Assessment of these outcomes demonstrates a learner can:</i>
1. Understand the meaning of mental health	1.1 Explain the meaning of: <ul style="list-style-type: none"> <li>• Mental health</li> <li>• Mental health conditions</li> </ul> 1.2 Outline factors that can affect mental health
2. Understand the impact of mental health conditions	2.1 Describe the impact of poor mental health on the individual 2.2 Describe the impact poor mental health can have on a workforce 2.3 Explain cultural attitudes to both positive and poor mental health
3. Understand mental health legislation and guidance	3.1 Outline the main points of the Mental Health Act 1983

## Unit: Recognising Mental Health Conditions

Unit Code: L/650/7528

RQF Level: 2

<b>Learning Outcomes</b> <i>To achieve this unit a learner must be able to:</i>	<b>Assessment Criteria</b> <i>Assessment of these outcomes demonstrates a learner can:</i>
1. Understand how to recognise Mental Health Conditions	1.1 Outline the meaning of <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Eating Disorders</li> <li>• OCD</li> <li>• PTSD</li> <li>• Trauma</li> <li>• Self-Harm</li> </ul> 1.2 Explain the signs and symptoms of the Following: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Eating Disorders</li> <li>• OCD</li> <li>• PTSD</li> <li>• Trauma</li> <li>• Self-Harm</li> </ul> 1.3 Outline what you should do if you identify an individual with the signs and symptoms of a mental health condition
2. Understand treatments available For individuals with Mental Health Conditions.	2.1 Identify common treatments For mental health conditions



## Unit: Supporting Positive Mental Health

Unit Code: M/650/7529

RQF Level: 2

<b>Learning Outcomes</b> <i>To achieve this unit a learner must be able to:</i>	<b>Assessment Criteria</b> <i>Assessment of these outcomes demonstrates a learner can:</i>
1. Understand the meaning and impact of positive mental health	1.1 Describe what is meant by 'positive mental health' 1.2 Describe the meaning of 'emotional well-being' 1.3 Explain the lasting impact that physical and emotional well-being can have on an individual's mental health 1.4 Identify ways to promote positive mental health
2. Understand the support available to promote positive mental health	2.1 Research and describe services that can be accessed to support adults with mental health conditions 2.2 Explain how you can support your own mental health 2.3 Explain how you can support the mental health of others



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