

Mental Health Awareness

Tutor name:	Date:	Time allocated:
Group:	Number of learners:	Location:
General aim of this session The session aims are: to recognize mental good and ill health and the causes of mental distress. This session can be mapped towards: (501/0253/9) NCFE Level 1 Award in Mental Health and (600/6134/0) unit 1 LO1.		Resources: Physical Presentation Activity worksheets
Learning objectives of the sessions: By the end of this session, you must be able to: <ul style="list-style-type: none"> • Outline what is meant by mental health and mental ill-health. • State what mental health problems might be and what can lead to these. • Identify some possible signs and symptoms of mental health issues. • Explain why talking can often help with these issues. • Select ways to promote positive mental health. You should be able to: <ul style="list-style-type: none"> • Identify causes of mental distress. You could be able to: <ul style="list-style-type: none"> • Devise a mnemonic, poem or poster promoting openness in talking about mental health issues. 		Environmental Interactive whiteboard Access to the internet for the learners Access to mind.org.uk and NHS website
Assessment strategies linked to learning objectives above: Direct and indirect questions Discussion, Feedback participation Research and present findings to the class		English, maths and ICT skills Prioritising and supporting decisions Online research Reading for specific information. Presentation skills and concept checking

Ncfe Level 1 Award In Mental Health Awareness

Robert R. Redfield



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