

Title:	Introduction to Mental ill Health
Level:	Entry Level 3
Credit value:	1
GLH	10
Unique Reference Number:	L/650/1163
Aim:	The aim of this unit is to provide learners with an awareness of causes, signs and symptoms of mental ill health; the support available to help a person and how to maintain positive mental health.
Assessment	An NOCN assessment booklet has been produced and should be used to evidence all learning outcomes.
Learning outcomes	
<i>The learner will:</i>	
1. Know about the possible causes, signs or symptoms of mental ill health.	
Delivery content:	
The aim of this learning outcome is to provide the learners with knowledge and awareness of mental ill health, including their potential causes, signs and symptoms.	
The learner must:	
<ul style="list-style-type: none"> • define the term 'mental health'. • give examples of mental ill health. • identify potential causes of mental ill health. • list signs and symptoms of mental ill health. • state why individuals may experience mental ill health at a certain point in their life. 	
2. Know the support available to people who have issues with their mental health.	
Delivery content:	
The aim of this learning outcome is to provide the learners with the knowledge and awareness of support that may be available for people who are experiencing issues with their mental health.	
The learner must:	
<ul style="list-style-type: none"> • identify potential sources of support or guidance for those experiencing mental ill health. • state how external support can help individuals. 	

3. Know how to maintain positive mental health.
<p>Delivery content:</p> <p>The aim of this learning outcome is to provide the learners with the skills and knowledge and awareness of how to maintain positive mental health.</p> <p>The learner must:</p> <ul style="list-style-type: none"> • identify different ways of maintaining positive mental health.

<p>Scope of Training</p> <p>The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.</p> <p>Scope of Assessment</p> <p>The Assessment Workbook is available from NOCN's vLearn platform.</p>	
<p>Requirements</p>	
<p>Mental ill health</p>	<p>This list is not exhaustive; at this level learners are expected to be aware of the following examples of mental ill health:</p> <ul style="list-style-type: none"> • Stress • Anxiety / General Anxiety Disorder • Panic attacks • Depression • Seasonal Affective Disorder • Obsessive Compulsive Disorder • Bipolar Disorder • Post-Traumatic Stress Disorder • Self-harm • Suicidal feelings • Eating disorders
<p>Potential causes of mental ill health</p>	<p>This list is not exhaustive; at this level learners are expected to be aware of the following causes of mental ill health:</p>

	<ul style="list-style-type: none"> • Feeling isolated • Alcohol misuse • Discrimination • Drug misuse • Stressful life situations, e.g., giving birth, death, divorce, family conflict, accident • Ongoing medical issue • Traumatic experiences • Poverty / homelessness
<p>Signs and symptoms of mental health problems</p>	<p>This list is not exhaustive; at this level learners are expected to be aware of the following signs and symptoms of mental ill health:</p> <ul style="list-style-type: none"> • Low mood / very low mood • Feeling / being tearful • Being irritable or angry • Worried – or more worried than usual • Experiencing more physical ailments, e.g., headaches, stomach problems, chest pain, muscle tension or pain, shaking, breathlessness • Difficulty in concentrating • Struggling to make decisions • Feeling overwhelmed • Being forgetful • Sleeping too much / too little • Over or under eating • Increased use of alcohol or tobacco products • Not looking after themselves • Compulsive behaviour
<p>Potential sources of support or guidance</p>	<p>This list is not exhaustive; at this level learners are expected to be aware of the following potential sources of support or guidance:</p> <ul style="list-style-type: none"> • Family member, trusted friend • Tutor, colleague • Samaritans or other telephone support service • GP

	<ul style="list-style-type: none"> • Counselling • Community Mental Health Teams • Residential care • Crisis intervention
<p>Different ways of maintaining positive mental health</p>	<p>This list is not exhaustive; at this level learners are expected to be aware of the following different ways of maintaining positive mental health:</p> <ul style="list-style-type: none"> • Eating healthily • Taking regular exercise • Adopting a regular sleep pattern / getting good quality sleep • Reducing reliance on alcohol and tobacco products • Connecting with others • Maintaining a healthy work-life balance • Learning a new skill / taking up a new hobby • Taking time out for themselves • Speaking to a trusted friend, family member, tutor or colleague before feeling overwhelmed. <p>NHS guidance can be found here.</p>