

AAQ Mental Health: Individuals and Society



Course Overview and Welcome

Welcome to the AAQ Mental Health: Individuals and Society course at Atomix Educational Trust. This course will develop your knowledge, understanding and skills to prepare you for progression to undergraduate study and are relevant to mental health and wellbeing within the broader health and social care sector.

Why Study This Subject?

You might be interested in this qualification if you want to learn key knowledge and understanding in the subject and apply what you learn to practical, real-life contexts, such as: Understanding the range of factors that can influence our mental health and the potential effects they can have, Identifying strategies that can be implemented to make a positive difference in the lives of individuals and communities, Exploring existing provision and services involved with improving, maintaining and promoting healthier populations and environments, Using monitoring tools to understand individuals' mental health and wellbeing, and considering the factors that influence us and the strategies that can be used to effectively improve the lives of individuals, Understanding societal attitudes to mental health and how they have changed over time, Understanding the impacts of social media and global issues on mental health and wellbeing.

Who This Course Is Perfect For

This course suits you if you are passionate about mental health and wellbeing. Through a combination of theoretical study and hands-on experience, you will develop the necessary knowledge and skills that can support progression to higher education mental health and wellbeing study.

What You Will Study in Your First Year

First year involves an examined unit in fundamentals of mental health and the individual. In this unit you will learn about the key topics that are important for the mental health and wellbeing of an individual. There is also a coursework unit on supporting and promoting mental health and wellbeing in organisations. In this unit you will learn about how organisations support the mental health of their employees. You will learn how to identify the ways work can impact mental health, best practices for monitoring, influencing and improving mental health through communicating a mental health campaign. You will also complete a second coursework based unit: Supporting mental health and wellbeing with outdoor and creative activities.

What You Will Study in Your Second Year

In the second year you will complete an examined unit on mental health, wellbeing and society. In this unit you will learn about what society is and the things that combine to shape society. You will learn about how perceptions of mental health in society have changed over time and how this has affected the treatment of and care for people with mental health disorders. You will also learn about what the provision of support for mental health and wellbeing in society is like today and the current societal influences on mental health and wellbeing. The final unit is another coursework unit: Community-based support for mental health and wellbeing. This unit covers social connectedness, why it's important and how it can be improved. You will learn about the benefits, processes, and factors affecting social prescribing and how it can be used to support improvements in mental health and wellbeing

Beyond the Classroom

You'll have the opportunity to complete work experience in the sector and hear from guest speakers working in the mental health and wellbeing sector.

Getting the Most from Your Year

Stay organised with the use your progress tracker, seek feedback, and engage with all lessons and activities. Make use of our study resources, group revision sessions, and online resources and textbooks,

What Makes Our Course Special at Atomix Educational Trust

Our teachers have lots of experience and passion for this subject. We have great resources and work closely with local health and social care services. You'll get lots of practical experience and real-world learning.



COURSE INFORMATION



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