

## Mental Health Awareness

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

# Ncfe Level 1 Award In Mental Health Awareness

**S Ben Porath**



## **Ncfe Level 1 Award In Mental Health Awareness:**

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