



# Ascentis Level 1 Award in Mental Health and Well-being Specification

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## ABOUT ASCENTIS

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Ascentis was originally established in 1975 as OCNW, a co-operative scheme between Universities and Colleges of Further Education. Ascentis was the first 'Open College' in the UK and served the needs of its members for over 34 years. Throughout this period, OCNW grew yet maintained its independence in order that it could continue to respond to the requirements of its customers and provide a consistently high standard of service to all centres across the country and in recent years to its increasing cohorts of overseas learners.

In 2009 OCNW became Ascentis - a company limited by guarantee and a registered educational charity.

**Ascentis** is distinctive and unusual in that it is both:

- **An Awarding Organisation** regulated by the Office of Qualifications and Examinations Regulation (Ofqual)

and

- **an Access Validating Agency (AVA)** for 'Access to HE Programmes' licensed by the Quality Assurance Agency for Higher Education (QAA).

Ascentis is therefore able to offer a comprehensive ladder of opportunities to centres and their students, including Foundation Learning, vocational programmes and progressing to QAA-recognised Access to HE qualifications. The flexible and adult-friendly ethos of Ascentis has resulted in centres throughout the UK choosing to run its qualifications.

## ASCENTIS CONTACT DETAILS

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# ASCENTIS LEVEL 1 AWARD IN MENTAL HEALTH AND WELL-BEING

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## Introduction

The Ascentis Level 1 Award in Mental Health and Well-being introduces learners to understand the terms mental health and well-being and the different types of conditions and the support available.

There are several features of this qualification that make it very appropriate for its target learners:

- Assessment and certification can be offered throughout the year, allowing maximum flexibility for centres
- Can be delivered either as a classroom based course or as a blended learning programme
- Assessment is by a multi choice test, offered on screen or paper based. This will normally be taken at the end of the course
- There are online resources that can be used alongside the teaching

## Aims

The aims of the qualification are to enable learners:

- 1 To understand what is meant by the terms mental health and well-being
- 2 To understand different mental health conditions and treatment
- 3 To know how to find support for mental health conditions
- 4 To know how to look after own mental health and well-being

## Target Group

The qualification is aimed at a range of learners, including:

- Young people wishing to pick up an award as part of another learning programme
- Young people aged 14 – 19 who are in various learning environments
- Adult learners

**Ofqual Qualification Number: 603/2832/0**

## Award of the Qualification

Learners must complete one unit for the Ascentis Level 1 Award in Mental Health and Well-being

Ascentis Level 1 Award in Mental Health and Well-being				
Title	Level	Credit Value	TQT	Unit ref
Mental Health and Well-being awareness	Level 1	1	11	M/616/7323

## Recommended Guided Learning Hours

The recommended guided learning hours for this qualification is 10 GLH.

## Total Qualification Time

The total qualification time for this qualification is 11 hours.

## Recommended Prior Knowledge, Attainment and/or Experience

No recommended prior learning or experience is required.

## Age Range of Qualification

This qualification is suitable for young people aged 14-19 and adult learners.

## Opportunities for Progression

The qualification gives the learner an introduction to mental health and well-being, which can be applied in a wide variety of contexts. Learners may use the qualification as a stand-alone course or as part of a longer vocational or academic programme of study. Learners may also use the qualification as an element of their continuing professional development.

## Resources to Support the Delivery of the Qualification

There are online resources available to download to support this qualification.

## Centre Recognition

This qualification can only be offered by centres recognised by Ascentis and approved to run this qualification. Details of the centre recognition and qualification approval process are available from the Ascentis office (tel. 01524 845046) or from the website at [www.ascentis.co.uk](http://www.ascentis.co.uk).

## Qualification Approval

If your centre is already a recognised centre, you will need to complete and submit a qualification approval form to deliver this qualification. Details of the qualification approval process are available from the Ascentis office (tel. 01524 845046) or from the website at [www.ascentis.co.uk](http://www.ascentis.co.uk).

## Registration

All learners must normally be registered within 15 working days of the intended test date for paper based assessment and 5 working days for e-assessment.

Registration is via the Ascentis electronic registration portal.

## Re-sits

Learners can re-sit the assessment if they do not achieve a pass but should have sufficient time for additional learning. Re-sits for e-assessment are free of charge, but please refer to the pricing structure for re-sits of the paper based tests.

## Status in England, Wales and Northern Ireland

This qualification is available in England, Wales and Northern Ireland. It is only offered in English. If a centre based overseas (including Scotland,) would like to offer this qualification, they should make an enquiry to Ascentis.

## Reasonable Adjustments and Special Considerations

In the development of this qualification Ascentis has made every attempt to ensure that there are no unnecessary barriers to achievement. For learners with particular requirements reasonable adjustments may be made in order that they can have fair assessment and demonstrate attainment. There are also arrangements for special consideration for any learner suffering illness, injury or indisposition. Full details of the reasonable adjustments and special considerations are available from the Resources/Key Documents area of the Ascentis website [www.ascentis.co.uk](http://www.ascentis.co.uk) or through contacting the Ascentis office.

## Enquiries and Appeals Procedure

Ascentis has an appeals procedure in accordance with the regulatory arrangements in the Ofqual *General Conditions of Recognition*<sup>1</sup>. Full details of this procedure, including how to make an application, are available from the Resources/Key Documents area of the Ascentis website [www.ascentis.co.uk](http://www.ascentis.co.uk) or through contacting the Ascentis office.

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<sup>1</sup> The Scottish Qualifications Authority (SQA) has developed some high level principles that cover the same requirements as the Ofqual Conditions. These are the SQA Accreditation's Regulatory Principles (2014).

## ASSESSMENT AND VERIFICATION ARRANGEMENTS

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### Overview

To gain the Ascentis Level 1 Award in Mental Health and Well-being all learning outcomes and assessment criteria within the unit must be successfully achieved. The full award consists of one unit.

### External Assessment

This qualification is assessed through the completion of an Ascentis devised multiple choice test that is carried out at the completion of the course, available as a paper based test or e-assessment.

The grading of this qualification is pass or did not achieve

### Conduct of Assessment

The assessment is through a 40-minute test paper or e-assessment consisting of 20 multiple-choice questions.

Full details of candidate, Examinations Officer and Invigilator Instructions are available from the Resources/Key Documents area of the Ascentis website [www.ascentis.co.uk](http://www.ascentis.co.uk) or through contacting the Ascentis office.

**Note: Dictionaries cannot be used during the assessment.**

### Quality Assurance Arrangements

As part of ongoing quality assurance arrangements, Ascentis will carry out quality visits to recognised centres using a risk based approach. The focus of quality visits will normally be:

- Review of resources; both physical and staffing
- Observation of assessment practice
- Staff development, if required

Further details will be provided prior to a visit taking place.

Ascentis reserve the right to carry out inspections of assessments taking place without prior notice.

The delivery of the knowledge required within this qualification should be carried out by qualified teachers or those working towards a teaching qualification. Delivery staff should also have a theoretical understanding of IT User Skills.

### Results

Provisional results are provided immediately after e-assessment. An hour after the e-assessment the e-assessment achievement list report can be run through QuartzWeb.

## **Knowledge, Understanding and Skills required of Assessors and Internal Verifiers**

Centres must ensure that those delivering and assessing Ascentis qualifications are occupationally knowledgeable and competent within the relevant subject area.

Centres are responsible for ensuring that all staff involved in the delivery of the qualification are appropriately qualified. Ascentis will not be held responsible for any issues that relate to centre staffing which could impact on the successful delivery, assessment and internal quality assurance of our qualifications.

Those delivering the qualification should preferably hold or be working towards a recognised teaching qualification. Assessors must be able to make appropriate assessment decisions. Internal Quality Assurers need to have knowledge and experience of the internal quality assurance processes.

Centres are required to ensure that appropriate training and support is in place for staff involved in the delivery, assessment and internal verification of Ascentis qualifications.

Ascentis offers free support for centres. Further information on the support that is available can be found on Quartz Web or the Ascentis website.

## UNIT SPECIFICATIONS

### Mental Health and Well-being Awareness

Credit Value of Unit 1

GLH of Unit 10

Level of Unit 1

Learning Outcomes	Assessment Criteria
The learner will be able to	The learner can
1 Understand what is meant by mental health and well-being.	1.1 Define the terms 'mental health' and 'well-being' 1.2 List the factors that may contribute to mental health conditions 1.3 Identify the impact of mental health conditions on individuals, families and friends and employers
2 Understand the different types of common mental health conditions and the treatment options available.	2.1 List common types of mental health conditions 2.2 Outline the different ways mental health conditions are treated
3 Know the types of support available for individuals with mental health conditions.	3.1 Give examples of the types of support available in the event of a mental health crisis 3.2 Identify where to seek advice from specialist organisations 3.3 List the benefits of peer support
4 Know the principles of well-being to look after own mental health and to support others.	4.1 List the factors which characterise good mental health and well-being in a person 4.2 State the different ways to look after own mental health and well-being 4.3 Outline the importance of social interactions to look after own mental health and well-being 4.4 Outline the different ways to support others' mental health conditions.

## Indicative Content

### 1. Understand the meaning of mental health and well-being.

#### Definitions

**Mental Health**- “a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.” World Health Organisation (WHO) 2014.

**Well-being**- “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” WHO 2014.

#### Possible factors that may contribute to mental health conditions

Examples include drug/alcohol abuse, social isolation, homelessness, bullying, domestic violence, poverty, debt, bereavement, long term stress, a long term physical health condition, unemployment.

#### The impact of mental health conditions

**Individuals**- Mental Health effects 1 in 4 people (WHO 2014), difficulty in finding employment or maintaining employment, others' ignorance and lack of understanding of the mental health condition, prejudice, discrimination, lack of sleep, worry, social isolation, long term physical medical conditions such as diabetes, drugs/alcohol dependence, depression, stress, poor diet, debt.

**Family and friends**- may feel they are to blame for the illness, feeling of helplessness/ unable to help, worry, lack of sleep, feeling of shame or guilt, difficulty with employment, social isolation, long term physical conditions, anger, unable to cope.

**Employers**- loss of productivity due to employee absence, costs with supporting employee, increased sickness requiring time off work, lack of concentration from employee, conflict with other employees, difficulty in undertaking different tasks, taking longer to undertake tasks, lack of patience with customers, colleagues and others.

### 2. Understand the different types of common mental health conditions and the treatment options available.

#### Common types of mental health conditions

Examples include anxiety disorder, bipolar disorder, borderline personality disorder, depression, eating disorder, psychosis, post-traumatic stress disorder, schizophrenia, schizoaffective disorder, self-harm.

#### The different ways mental health conditions are treated and supported

**Medication**- a patient's symptoms are assessed by a doctor and if appropriate, medication is prescribed to help them manage their condition. A patient for example with anxiety may be prescribed a drug to help them relax.

**Talking therapies**- these include counselling, cognitive behaviour therapy (CBT), psychotherapy and creative therapy. A patient is assessed and the appropriate therapy is decided (the most appropriate for the mental health condition).

**Electroconvulsive therapy**- this is where a doctor uses electrical currents to pass through the brain. It is thought that this type of therapy works on the chemical messengers in the brain. It is used for specific mental health conditions.

**Complementary therapy**- using treatments such as acupuncture, aromatherapy, herbal medicine, homeopathy, massage, meditation, yoga, spiritual healing, mindfulness.

### 3. Know the types of support available for people with mental health conditions.

#### The types of support available in a mental health crisis-

**The General Practitioner (GP)**- can refer the patient to an appropriate service and review the patient's treatment and decide if it is appropriate.

**Community mental health teams**- can provide support during the crisis for patients with complex or long term mental health problems and work with the patient to improve their condition. A patient is usually referred by the GP and given an emergency number to call in the event of a crisis.

**Crisis team-** a crisis team is available 24 hours a day to support patients in crisis.

**Samaritans-** offer a telephone service providing emotional support 24 hours a day.

**Emergency services-** in the event of an emergency (such as self-harm, threatening suicide or there may be harm to others) and/or if the patient is feeling suicidal the ambulance service and police can provide assistance and care.

#### **Where to seek advice from specialist organisations**

**NHS 111-** a telephone advice line, which will direct you to the appropriate service and also offers advice and support by trained clinicians.

**Samaritans-** a telephone advice line [www.samaritans.org](http://www.samaritans.org) for personal support

**The Mental Health Foundation-** a charity with a website and telephone line providing general advice [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

**Mind-** a charity with a website and telephone line providing general advice [www.mind.org.uk](http://www.mind.org.uk)

**Rethink Mental Illness-** a charity with a website and telephone line providing general advice [www.rethink.org](http://www.rethink.org)

**Have I got a problem-** a support website. [www.haveigotaproblem.com](http://www.haveigotaproblem.com)

#### **Benefits of peer support**

Benefits include greater empathy and respect from their peer as they have a mental health problem themselves, decreased risk of hospital admission, increased levels of self-esteem and confidence for the peer, companionship, safety, trust, equality, empowerment, support to move on, reducing stigma, finding out information, meeting new people.

#### **4. Know the principles of well-being to look after own mental health to support others.**

##### **Good mental health factors**

**Physical-** the body's ability to cope and function which is enhanced by self-care such as keeping active, healthy balanced diet and regular sleep.

**Emotional and intellectual-** the capacity to love and feel loved, having relationships, socialising, expressing emotions, feeling respected, confidence, self-esteem, respect for others, achievement, asking for help, learning from mistakes, self-acceptance, purpose in life.

##### **Ways to look after own mental health and well-being**

###### **Physical health**

Keeping active through activities such as walking, swimming, the gym, exercise classes and sports. Sleeping well each night, eating a healthy balanced diet such as carbohydrates, proteins, fats, fruit and vegetables and dairy. Drinking water regularly.

###### **Emotional and intellectual health**

Building and maintaining relationships, socialising with family, friends, interacting with peers and colleagues, valuing others, asking for help, taking breaks/resting, accepting who you are, setting goals and celebrating achievements.

###### **The importance of social interactions to look after own mental health and well-being**

Interactions with others such as friends, family, colleagues; volunteering and peer groups enable the feeling of confidence through interaction and belonging, being able to express and feel an array of emotions, building and maintaining relationships, being engaged and learning from others. These can contribute to dealing with life's day to day stresses and building self-esteem.

###### **The different ways to support others' mental health conditions**

Examples include activities such as exercise or hobbies, encouraging them to talk about how they are feeling, listening to them in a non-judgmental manner, taking things slowly at their pace, offering reassurance, offer to go with them if further advice or information is needed. If worried at any time access professionals for advice and guidance.

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**Sample Assessment Questions**

- 1) What does the term 'mental health' mean?
  - a) **social well-being**
  - b) accessing social media safely
  - c) having many friends
  - d) always being happy
  
- 2) Which of these may help cause a mental health condition
  - a) water
  - b) soda
  - c) **illegal drugs**
  - d) short term stress
  
- 3) What is a potential impact of mental health conditions on employers?
  - a) Committed attendance to work
  - b) Increased concentration levels
  - c) **Conflict with other employees**
  - d) Continued government funding
  
- 4) Which of these is **NOT** an impact of mental health on families?
  - a) **Career promotion**
  - b) Reduction in sleep
  - c) Unable to cope
  - d) Feeling of shame
  
- 5) Which of these is a method of treating mental health conditions?
  - a) **Creative therapy**
  - b) Physical fitness
  - c) Healthy diet
  - d) Regular sleep
  
- 6) In an emergency the police and ambulance services can be contacted by which number?
  - a) 911
  - b) 101
  - c) **999**
  - d) 111
  
- 7) What is a benefit of peer support?
  - a) **It helps develop trust**
  - b) It gives access to money
  - c) It increases hospital admissions
  - d) It provides hospital transport

- 8) A factor which contributes to good mental health is
- a) **Healthy balanced diet**
  - b) Taking regular vitamins
  - c) Watching regular television
  - d) Playing computer games
- 9) How can emotional health be developed?
- a) Regular use of social media
  - b) **Developing good relationships**
  - c) Regular exercise
  - d) Playing music
- 10) How can others support someone with a mental health condition in their day to day life?
- a) Always call the emergency services when they are upset
  - b) Advise them to express their feelings on their social media
  - c) **Encourage them to talk about how they are feeling**
  - d) Encourage them to go on holiday on their own