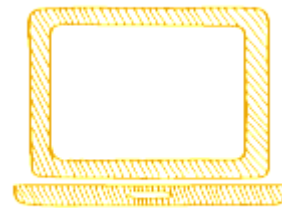


Ascentis **Level 1 Award**

in

**Mental Health and
Well-being**

**Overview
Specification**



Ofqual Number:	603/2832/0
Ofqual Start Date:	01/01/2018
Ofqual Review Date:	31/07/2023
Ofqual Certification Review Date:	31/07/2024

Qualification Overview

The Ascentis Level 1 Award in Mental Health and Well-being introduces learners to 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
- Assessments are primarily offered through an online multiple-choice test that 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:

- To understand what is meant by the terms 'mental health' and 'well-being'
- To understand different mental health conditions and treatment
- To know how to find support for mental health conditions
- 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

Regulation Codes

Ofqual Qualification Number: Ascentis Level 1 Award in Mental Health and Well-being 603/2832/0

Assessment Method

This qualification is assessed through the completion of an Ascentis-devised multiple-choice test that is carried out at the completion of the course.

The grading of this qualification is pass or did not achieve

Rule of Combination

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 Reference
Mental Health and Well-being Awareness	1	1	11	M/616/7323

Resources to Support the Delivery of the Qualification

There are interactive online resources and a Tutor Guidance document available to support this qualification.

The Tutor Guidance document includes indicative content, sample questions and a glossary of terms to give learners that will support them with technical vocabulary.

Contact & Further Information

New Centres please email hello@ascentis.co.uk or call 01524 845046 for further information.

Existing Centres please visit the Login area of our website to view the full specification and tutor guidance document.

Product Development for any other enquiries regarding the qualification please email development@ascentis.co.uk.