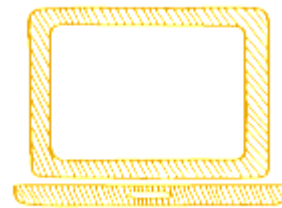


# Ascentis **Level 2 Award**

in

**Mental Health and  
Well-being**

**Overview  
Specification**



<b>Ofqual Number:</b>	<b>603/4686/3</b>
Ofqual Start Date:	01/07/2019
Ofqual Review Date:	31/07/2026
Ofqual Certification Review Date:	31/07/2027

# Qualification Overview

The Ascentis Level 2 Award in Mental Health and Well-being qualification is designed to give learners knowledge and understanding of the different types of conditions and impacts of mental health. This qualification introduces the learner to key issues in mental health, raising awareness of sensitive topics and guidance to support themselves and others.

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
- It can be delivered either as a classroom-based course or as a blended learning programme
- There are online resources that can be used alongside the teaching

## Aims

The aims of the qualification are to enable learners:

- To understand the term and different types of mental health
- To understand the impacts of drugs, alcohol and social media on mental health
- To know how to look after physical and mental health
- To know how to find help and support for mental health

## 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 16–19 who are in various learning environments
- Adult learners
- CPD for tutors

## Regulation Codes

Ofqual Qualification Number: Ascentis Level 2 Award in Mental Health and Well-being 603/4686/3

## Assessment Method

The unit is internally assessed through the learner building up a portfolio of evidence that covers the relevant assessment criteria. Centres can use the assessment booklet developed by Ascentis, which is available to download from the Ascentis electronic portal and covers all the assessment criteria. The evidence will be internally assessed and verified by the centre and then externally verified by Ascentis.

# Rule of Combination

Learners must complete one unit for the Ascentis Level 2 Award in Mental Health and Well-being.

Ascentis Level 2 Award in Mental Health and Well-being				
Title	Level	Credit Value	TQT	Unit Reference
Mental Health and Well-being	2	3	30	F/617/6432

## 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 for tutors and a glossary of terms to give learners that will support them with technical vocabulary, this can be found in the login area of the Ascentis website at [www.ascentis.co.uk](http://www.ascentis.co.uk).*

*The resources are available to download from the Ascentis electronic portal.*

## Contact & Further Information

New Centres please email [hello@ascentis.co.uk](mailto:hello@ascentis.co.uk) or call **01524 845046** for further information.

Existing Centres please visit the Login area of our website, [www.ascentis.co.uk](http://www.ascentis.co.uk), to view the full specification and tutor guidance document.

Product Development for any other enquiries regarding the qualification please email [development@ascentis.co.uk](mailto:development@ascentis.co.uk).