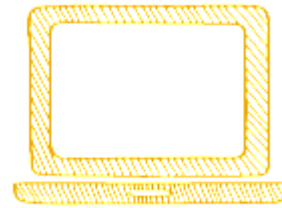


# Ascentis **Level 1 Award**

in

**Mental Health and  
Well-being**

**Overview  
Specification**



<b>Ofqual Number:</b>	<b>603/2832/0</b>
Ofqual Start Date:	01/01/2018
Ofqual Review Date:	31/07/2025
Ofqual Certification Review Date:	31/07/2026

# 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 offered through an online multiple-choice test that is designed to be taken at the end of the course. Assessments can only be requested as a paper-based assessment, where required as a reasonable adjustment.
- 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. These resources and the full specification can be found on the login area of the website, [www.ascentis.co.uk](http://www.ascentis.co.uk).*

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](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).