

Ascentis **Level 2 Award** in **Mental Health and Well-Being** **Rule of Combination**



Ofqual Number:	603/4686/3
Ofqual Start Date:	01/07/2019
Ofqual Review Date:	31/07/2021
Ofqual Certification Review Date:	31/07/2022

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:

- 1 To understand the term and different types of mental health
- 2 To understand the impacts of drugs, alcohol and social media on mental health
- 3 To know how to look after physical and mental health
- 4 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

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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 QuartzWeb 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 Award in Mental Health and Well-Being at Level 2.

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

Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 30.

Total Qualification Time (TQT)

The total qualification time is 30.

Age Range of Qualification

This qualification is suitable for young people aged 16–19 and adult learners.

Contact & Further Information

New Centres please email kirsty.sherrington@ascentis.co.uk or call 01524 845046

Existing Centres please visit the Login area of our website to view the full specification

Product Development for enquiries please email development@ascentis.co.uk