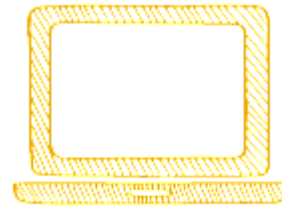


Ascentis **Level 1 Award**

in

**Mental Health and
Well-Being**

Rule of Combination



Ofqual Number:	603/2832/0
Ofqual Start Date:	01/01/2018
Ofqual Review Date:	31/07/2021
Ofqual Certification Review Date:	31/07/2022

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
- Assessment is by a multiple-choice test, offered on screen or on paper. 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:

- 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: 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, available as a paper-based test or an e-assessment.

The grading of this qualification is pass or did not achieve.

Rule of Combination

Learners must complete one unit for the 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

Guided Learning Hours (GLH)

The recommended guided learning hours for this qualification is 10.

Total Qualification Time (TQT)

The total qualification time for this qualification is 11.

Age Range of Qualification

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

Contact & Further Information

New Centres please email hello@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