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| Module Code: | HLT420 |
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| Module Title: | Introduction to Mental Health |
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| Level: | 4 | Credit Value: | 30 |
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| Cost Centre(s): | GANG | <u>JACS3</u> code: | B900 |
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| School: | Social & Life Sciences | Module Leader: | Justine Mason |
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| Scheduled learning and teaching hours | 25 hrs |
| Guided independent study | 275 hrs |
| Placement | 0 hrs |
| Module duration (total hours) | 300 hrs |

| Programme(s) in which to be offered (not including exit awards) | Core | Option |
|--|--------------------------|--------------------------|
| Stand alone delivery only. To be aligned to BSc (Hons) Mental Health and Wellbeing for QA and assessment purposes | ✓ | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> |

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| Pre-requisites |
| None |

Office use only

Initial approval: 01/10/2017

Version no: 1

With effect from: 01/01/2018

Date and details of revision:

Version no:

Module Aims

The module aims to foster an appreciation of the contested concepts of mental health and mental illness and the range of means which may be considered for the achievement of mental wellbeing at individual, community and population level.

Intended Learning Outcomes

Key skills for employability

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|------|---|
| KS1 | Written, oral and media communication skills |
| KS2 | Leadership, team working and networking skills |
| KS3 | Opportunity, creativity and problem solving skills |
| KS4 | Information technology skills and digital literacy |
| KS5 | Information management skills |
| KS6 | Research skills |
| KS7 | Intercultural and sustainability skills |
| KS8 | Career management skills |
| KS9 | Learning to learn (managing personal and professional development, self-management) |
| KS10 | Numeracy |

At the end of this module, students will be able to

Key Skills

| | | Key Skills | |
|---|---|------------|-----|
| 1 | Describe the concepts of mental health and mental illness | KS6 | KS4 |
| | | KS5 | |
| | | | |
| 2 | Understand factors which may contribute to poor mental wellbeing across the lifespan | KS1 | KS9 |
| | | KS8 | |
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| 3 | Identify a range of means which may be used to improve mental wellbeing at individual, community and population level | KS3 | KS5 |
| | | KS6 | |
| | | | |
| 4 | Demonstrate an understanding of the impact of stigma on the person experiencing mental ill health and the place of each individual in the reduction of this | KS1 | KS2 |
| | | KS6 | |
| | | | |
| 5 | Reflect on own attitude towards people living with poor mental health and identify areas of good practice and areas for improvement | KS8 | KS9 |
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Transferable skills and other attributes

- Learn independently and utilise some problem-solving skills.
- Use information and communications technology competently and effectively in a range of applications to include information gathering and retrieval.

Derogations

None

Assessment:

Indicative Assessment Tasks:

Students will complete a portfolio of work across the module. The portfolio will include all of the following:

1. A Moodle forum relating to models of mental illness, to which the student will contribute approx. 600 words across the course of the module
2. A 1,000 word reflection during which the student will consider their own attitude to people living with mental health problems from a personal or professional perspective
3. A health promotion flyer which targets one specific area of the population identified as being at risk of poor mental health and accompanying 750 word rationale for the choice of target audience
4. An online multiple choice quiz

| Assessment number | Learning Outcomes to be met | Type of assessment | Weighting (%) | Duration (if exam) | Word count (or equivalent if appropriate) |
|-------------------|-----------------------------|--------------------|---------------|--------------------|---|
| 1 | 1,2,3,4,5 | Portfolio | 100% | | 3,000 |

Learning and Teaching Strategies:

Lectures, multimedia, online discussion forums, service user stories, group discussion

Syllabus outline:

Theoretical perspectives of mental illness
Mental wellbeing
Recovery
Stigma, compassion and society
Diagnostic criteria
Mental health worldwide
Mental health and marginalised populations
Mental health law and policy
Mental health across the lifespan
The ten essential shared capabilities

Indicative Bibliography:

Essential reading

Filer, N (2014) *The Shock of the Fall* London: Borough Press

Patel, V, Minas, H, Cohen, A & Prince, M (eds) (2014) *Global mental health: principles and practice* Oxford: Oxford University Press

Pilgrim, D (2014) *Key Concepts in Mental Health* 3rd ed. London: Sage

The Mental Health Foundation <https://www.mentalhealth.org.uk/>

Other indicative reading

Waters, E (2011) *Crazy like us: the globalisation of the western mind* London: Robinson

Department Of Health (2004) *The Ten Essential Shared Capabilities – A framework for the whole health and social care workforce.* London: Department of Health.