

# Leadership through Mental Health



Learn about the **biggest issue facing society today** - *it is okay not to be okay!*

This course introduced by the SQA in 2018 aims to help tackle the stigma around mental health. It develops a greater understanding of well being and how we can promote positive mental health. The course is made up of 3 units: Influences on Mental Health and Wellbeing, Coping Strategies and Building Resilience and Understanding Mental Health Issues.

## Skills Focus



Digital Learning



Enterprise



Leadership



Literacy



Numeracy



Thinking

## Recognition of Achievement

L5 Mental Health and Wellbeing Award

## Learning Intentions & Success Criteria

### Learning Intentions

I will:

- learn how to look after my own health and wellbeing.
- develop an understanding of certain factors that influence my mental health and wellbeing.
- understand how to build resilience and use coping strategies.
- explore and understand a range of different mental health issues.

### Success Criteria

I can:

- explain what is meant by positive mental health and wellbeing.
- describe how social, environmental and cultural factors can impact on mental health.
- research and explain a number of different coping strategies which help deal with mental health and build resilience.
- tell others how mental health can affect ones wellbeing and describe the different behaviours attached to poor mental health.