

Unit: M/616/3904 : Understand mental well-being and mental health promotion	
1. Understand the different views on the nature of mental well-being and mental health and the factors that may influence both across the life span	
Assessment Criterion - The learner can:	
1.1	Evaluate two different views on the nature of mental well-being and mental health
1.2	Explain the range of factors that may influence mental well-being and mental health problems across the life span, including: <ul style="list-style-type: none"> • biological factors • social factors • psychological factors • emotional factors
1.3	Explain how risk factors and protective factors influence levels of resilience in individuals and groups in relation to mental well-being and mental health
2. Know how to implement an effective strategy for promoting mental well-being and mental health with individuals and groups	
2.1	Explain the steps that an individual may take to promote their mental well-being and mental health
2.2	Explain how to support an individual in promoting their mental well-being and mental health
2.3	Evaluate a strategy for supporting an individual in promoting their mental well-being and mental health
2.4	Describe key aspects of a local, national or international strategy to promote mental well-being and mental health within a group or community
2.5	Evaluate a local, national or international strategy to promote mental well-being and mental health within a group or community