| 2 orderstand the uniform views on the matter of mental neutral neutral and the matters and may innerhold both across the me span | |
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| 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: - social factors - social factors - sporhological factors - memorianal 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 |