OCR
Cambridge Technicals

MENTAL HEALTH, WELLBEING & SOCIETY
LEARNING JOURNEY

EXTENDED CERTIFICATE

REAL ISSUES • REAL PEOPLE • REAL CHANGE

"Different perspectives brighter solutions."

Understanding Mental Health. Supporting Wellbeing. Making a Difference.

KINDNESS
AWARENESS
OPPORTUNITY
BRIGHTER FUTURES

YEAR 12 Building Foundations

"Good mental health helps individuals thrive and communities grow."

Y12 HT1
F401
Mental Health, Wellbeing & Society
- What is mental health?
- Wellbeing and the influences on it
- Society and mental health
- Stigma and discrimination

Y12 HT2
F401
Mental Health, Wellbeing & Society
- Mental ill-health
- Prevention and intervention
- The role of society, communities and services
- Promoting positive mental health

Y12 HT3
F400
Fundamentals of Mental Health and the Individual
- Key theories and models
- The individual and mental wellbeing
- Biological, psychological and social factors

Y12 HT4
F400
Fundamentals of Mental Health and the Individual
- Mental health across the lifespan
- Risk and protective factors
- Individual experiences and perspectives

Y12 HT5
F401
Revision & Exam Preparation
- Consolidating knowledge
- Exam technique
- Practice questions
- Applying knowledge to real-life scenarios

Y12 HT6
F402
Supporting and Promoting Mental Health and Wellbeing in Organisations
- Types of organisations
- Policies and responsibilities
- Supporting mental health in the workplace
- Creating supportive environments

SAME PASSION NEW OPPORTUNITIES

YEAR 13 Applying Knowledge

"Stronger individuals. Healthier communities. A fairer society."

Y13 HT1
F402
Supporting and Promoting Mental Health and Wellbeing in Organisations
- Implementing strategies for wellbeing
- Organisational responsibilities
- Case studies and real-world examples

Y13 HT2
F402
NEA Completion
- Research and planning
- Developing and applying practical skills
- Evidence gathering
- Final report and submission

Y13 HT3
F403
Community-Based Support for Mental Health and Wellbeing
- Community services and provision
- Multi-agency working
- Supporting diverse communities
- Barriers and access to support

Y13 HT4
F405
Supporting Mental Health and Wellbeing with Outdoor and Creative Activities
- The benefits of nature and the outdoors
- Creative activities and therapeutic approaches
- Planning and delivering support
- Evaluating impact

Y13 HT5
Final Exam Preparation
- F400 revision
- F401 revision
- Practice papers
- Synoptic links
- Exam technique
- Preparing for success

FINAL DESTINATION
Summer Assessment Series
- ✔ F400 External Assessment
- ✔ F401 External Assessment
- ✔ Completion of NEA Units

Your learning can make a real difference.

FUTURE PATHWAYS
- Mental Health Nursing
- Social Work
- Psychology
- Education
- Youth Work
- Occupational Therapy
- Criminal Justice
- Human Resources
- Community Support Services

and many more...

HEALTHIER PEOPLE
STRONGER COMMUNITIES
BRIGHTER FUTURES

KEY SKILLS DEVELOPED THROUGHOUT

- Research skills
- Communication and interpersonal skills
- Report writing
- Analysis and evaluation
- Empathy and understanding
- Professional practice
- Problem solving
- Mental health advocacy

Be the change for a healthier tomorrow.

KNOWLEDGE • EMPATHY • SKILLS • OPPORTUNITIES • POSITIVE CHANGE