



**Mental Health & Wellbeing
Awards @ SCQF level 4, and
level 5**

Background

- The Good Shepherd Centre
- Qualifications Design Team
- Research
- Consultation
- Mental Health Strategy (2017-2027)



Scottish Government Mental Health Strategy: 2017 - 2027

“We must prevent and treat mental health problems with the same commitment, passion and drive as we do with physical health problems.”



Statistics*

- Half of all mental health problems in adulthood begin before the age of 14.
- By the time they're 16, roughly 3 children in every class will have experienced a mental health problem.
- Over 7,000 young people were turned away from CAMHS services in the last year. That's 19 young people every day.
- When it comes to finding help for your mental health, only a quarter of young people know where to go.
- There are more than 900,000 children and young people who live in Scotland.

*From SAMH 'Going to be Alright' report



Aims

- Reduce stigma surrounding mental health
- Arm young people with healthy coping strategies
- Promote knowledge of the impact of mental health on behaviour
- Dispel myths surrounding mental health
- Promote understanding of positive and negative impacts on mental health
- help individuals to make the right choices
- Promote understanding of the potential uses and impact of social media and the Internet
- Develop resilience



Workshop 1 – Course Content

At your table, please discuss the following:

- How do you think you could offer these Awards in your school/college/place of employment? What would be your approach to delivery?
- What support mechanisms do you have in place, both for yourself and your candidates?
- Do you see any potential barriers to delivery?
- Can you see any cross-curricular opportunities?



Workshop 2 – Assessment

At your table, please discuss the following:

- For level 4, and level 5 *Coping Strategies and Building Resilience*, do you think the assessments are at the appropriate level? Are the approaches engaging for candidates?
- For level 4 and level 5 *Influences on Mental Health and Wellbeing*, do you think the assessments are at the appropriate level? Are the approaches engaging for candidates?
- Can you see any opportunities for holistic assessment across Units, or the full Award?

Support for Centres

- Ushare – [Mental Health and Wellbeing Resources](#)
- Teaching Packs for each Unit
- Qualifications Support Team:

Elaine McFadyen
Qualifications Manager
elaine.mcfadyen@sqa.org.uk

Jennifer Morrison
Qualifications Officer
jennifer.morrison@sqa.org.uk





sqa.org.uk | 0303 333 0330