



University of
Central Lancashire
London

BSc (Hons)

Mental Health and Wellbeing

ENTRY REQUIREMENTS

96 UCAS tariff points
from 3 A Levels or
equivalent, eg CCC.

DURATION

3 Years

START

September, January, May

DELIVERY

Campus Taught

Course Overview

Our Mental Health and Wellbeing degree is outlined to give you the knowledge and skills to identify, understand and respond creatively to the various factors that influence mental health and wellbeing.

Key Features

- Curriculum is designed to equip you with current knowledge and skills applicable to and transferable across a diverse range of working contexts in the public, private and third sector services.
- A range of authentic assessments that align with professional practice, such as portfolios, risk assessments, intervention plans, and interviews.
- The academic lecturing team draw from their diverse range of professional practice and industry experience to enhance your learning opportunities.
- A focus on personal and professional development, to support and enable you to pursue careers supporting individuals, organisations, and communities maintain and promote mental health and wellbeing.

Modules

Year 1

- Academic and Professional Skills
- Mental Health and Wellbeing in Context
- Positive Psychology and Resilience
- Mental Health, Wellbeing and the Individual

Year 2

- Children and Young People's Mental Health
- Adult Mental Health
- Mental Health in the Workplace
- Skills and Interventions of the Mental Health Practitioner

Year 3

- Global Perspectives and Cultural Comparisons

- Community Health and Wellbeing in Practice
- Mental Health and the Media
- Undergraduate Project (Health and Social Contexts)

A Mental Health and Wellbeing degree aims to equip you with the knowledge and skills to identify, understand and respond creatively to the various factors that influence mental health and wellbeing. By examining biological, psychological, social, cultural and environmental factors that influence mental health and wellbeing throughout individual lives, and developing an understanding between clinical, non-clinical and individuals' perspectives, this will enable graduates to explore a wide range of mental health and wellbeing services across public, private and third sectors to improve, maintain and promote mental health and wellbeing, to make positive differences to the lives of individuals and their communities.

Career Paths

Graduate employment opportunities that might be available to graduates of the programme could include:

- Assistant practitioner, eg Occupational Therapy Assistant
- Care Home Manager
- Community Development Worker
- Healthcare Manager
- Health Promotion Specialist
- NHS Children and Young People's Mental Health Services
- Primary Care Graduate Mental Health Worker
- Progression to PG Study to access further careers, eg. Nursing, Public Health, Social Work, Teaching.
- Psychological Wellbeing Practitioner