



University of
Central Lancashire
London

BSc (Hons)

Mental Health and Wellbeing

ENTRY REQUIREMENTS

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

DURATION

3 Years

START

September, January, May

DELIVERY

Campus Taught

Course Overview

Our Mental Health and Wellbeing degree is outlined to give students the knowledge and skills to identify, understand and respond creatively to the various factors that influence 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)

Career Paths

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

- NHS Children and Young People's Mental Health Services
- Care Home Manager
- Community development worker

- Healthcare Manager
- Assistant practitioner e.g. Occupational Therapy Assistant
- Psychological Wellbeing Practitioner
- Primary Care Graduate Mental Health Worker
- Health Promotion Specialist
- Community Development Worker
- Education Welfare Officer
- Progression to PG Study to access further careers: e.g. Nursing, Public Health, Social Work, Teaching.

A Mental Health and Wellbeing degree aims to equip students 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.