

Module Details	
Module Title	Mental Health and Wellbeing
Module Code	HWS5010-B
Academic Year	2024/5
Credits	20
School	School of Nursing and Healthcare Leadership
FHEQ Level	FHEQ Level 5

Contact Hours	
Type	Hours
Seminars	12
Directed Study	12
Lectures	24
Independent Study	151

Availability	
Occurrence	Location / Period
BDA	University of Bradford / Semester 2

Module Aims
<p>This module aims to introduce students to an in-depth understanding of public mental health from the global and the UK perspectives. The module provides a non-clinical, social perspective of mental health and social intervention approaches to promote public mental health, and understanding of mental health policies and practices.</p>

Outline Syllabus
<p>Defining mental health and well-being and the difference between mental health and mental illness; the impact of poor mental; mental health inequalities, social detriment of mental health and social stratification; challenges in promoting mental health, introduce a range of relevant theories and concepts relevant to the public mental health; social and public health intervention approach to manage and promote mental health; the role and influence of service user groups and stakeholders; understanding of wider health policies that support or underpin mental health and wellbeing of the individuals and the community; understanding of multi-factored mental health and well-being requirements of individuals and populations; analysing post-covid mental health needs; the role of service users and service providers in promoting mental health; introduction to skills, knowledge and understanding of the needs for autistic people and people with a learning disability.</p>

Learning Outcomes	
Outcome Number	Description
01	Discuss importance of mental health in the UK and globally and the impacts of poor mental on individuals and society.
02	Examine the impact of social divisions such as social class, 'race', ethnicity, gender, and age on the prevalence, incidence, and experience of mental health and provide mental health inequalities aspects.
03	Analyse new development in public health approaches to manage and promote mental health services and identify the role of service users and stakeholders s in the service provision of mental health.
04	Demonstrate understanding of policy and practice within the UK that promotes mental health and well-being.
05	Identify, analyse and present written communication.

Learning, Teaching and Assessment Strategy
<p>Embracing the principles of adult learning, a variety of teaching and learning strategies will be employed for this module. Learning outcomes 1-4 are developed through research-informed key lectures that cover key topics. These will be further explored in seminars consisting of discussions, presentations, debates and small group work exploring the changing landscape, development and delivery of mental health services in the UK. Extensive use is made of the Virtual Learning Environment (Canvas), and this medium is used to complement learning materials/lectures/seminars and guest speakers. The resources on Canvas are designed to support learning and assessment throughout the module. In addition, this platform will include websites, documents and a range of online resources such as video clips and podcasts. (Learning outcomes 1-5). Students will be encouraged to undertake the required reading and learning activities before participating in class. Students are also encouraged to attend formative tutorials in small groups/individuals to discuss and review the assignment for the module. Learning outcomes 1-4 are developed through research-informed key lectures that cover key topics. These will be further explored in seminars consisting of discussions, presentations, debates and small group work exploring the changing landscape, development and delivery of mental health services in the UK. Extensive use is made of the Virtual Learning Environment, and this medium is used to complement learning materials/lectures/seminars and guest speakers. The resources on Canvas are designed to support learning and assessment throughout the module. In addition, this platform will include websites, documents and a range of online resources such as video clips and podcasts. (Learning outcomes 1-5). Students will be encouraged to undertake the required reading and learning activities before participating in class. Students are also encouraged to attend formative tutorials in small groups/individuals to discuss and review the assignment for the module.</p>

Mode of Assessment			
Type	Method	Description	Weighting
Summative	Coursework - Written	ase study on topic of choice that includes mental health of the particular group of people (3000 words)	100%

Reading List
To access the reading list for this module, please visit https://bradford.rl.talis.com/index.html

Please note:

This module descriptor has been published in advance of the academic year to which it applies. Every effort has been made to ensure that the information is accurate at the time of publication, but minor changes may occur given the interval between publishing and commencement of teaching. Upon commencement of the module, students will receive a handbook with further detail about the module and any changes will be discussed and/or communicated at this point.

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