

Mental Health and Wellbeing (Level 5)

Glasgow Kelvin College

Venues

Springburn Campus

Content

This nationally recognised qualification gives you a broad introduction to mental health, wellbeing, and care practice. It's ideal for those who want to learn more about how to maintain positive mental health, support others, and understand the wider factors that influence wellbeing in society.

You'll be taught by experienced lecturers who have worked across a range of health and social care settings — including mental health, counselling, and forensics — bringing real insight and professional experience into classroom discussions.

The units you will study include the following:

Understanding Mental Health Issues; Influences on Mental Health and Wellbeing; Coping strategies and Building Resilience; Care: Values and Principles; Prevention of Infection; Care Essentials and Best Practice; Understanding Loss and Grief; Healthy Eating and Lifestyle; Communication and Counselling Skills; Numeracy; Care: Human Behaviour; Care: Social Influences.

Start Date

August

Qualification

NQ

Study Method

Full time

Course Length

1 year

Department

Social Science

Entry Requirements

3 subjects at National 4; or relevant national qualifications at SCQF Level 4. Interview.

SCQF Level

5

SCQF Points

«SCQFPoints»

Progression Routes

NC Health and Social Care (Level 6)

Combination Courses

«htmlCombinationCourse»

«htmlCombinationUCASCode»

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