



BSc (Hons)

Mental Health and Wellbeing

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**A partner of the
University of
Northampton**

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Location	London
Available starts	September, January, May
Entry Criteria	London.northampton.ac.uk/programmes
Fees	£9,250 (full-time, per year)
UCAS	N45

About this programme

This programme 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. This will enable students to pursue careers supporting individuals, their communities, organisations, and society to maintain and promote mental health and wellbeing.

Students will examine biological, psychological, social, cultural and environmental factors that influence mental health and wellbeing throughout individual lives. Similarly, students will develop an understanding between clinical, non-clinical and individuals' perspectives. Students will also explore the services across public, private and third sectors working to improve, maintain and promote mental health and wellbeing. Throughout the programme, students will develop and hone skills that are essential to effective mental health and wellbeing practice. With ethical practice at its core, this degree is structured to provide students with the knowledge and skills essential for working in diverse range of mental health and wellbeing services and making positive differences to the lives of individuals and their communities.

Careers

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

- Adult Psychotherapist
- Primary Care Graduate Mental Health Worker
- Education Development Worker
- Assistant Practitioner
- Community Health Project Lead
- Medical Statistician

Key Features

- Examine the key theoretical concepts, policies and legislation underlying mental health and wellbeing, to critically evaluate their application in professional practice.
- Use current and relevant evidence to critically analyse contemporary political, economic, social, technological, legal, cultural and environmental factors and issues affecting mental health and wellbeing on an individual, community and societal level.
- Critically analyse appropriate and relevant evidence to demonstrate an informed understanding of the different and varying perspectives and approaches to mental health and wellbeing across diverse groups and cultures.

Modules

Year 1

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

Year 2

- Child and Adolescent Mental Health
- Adult Mental Health
- Mental Health in the Workplace
- Skills and Interventions of the Mental Health Practitioner

Year 3

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