

# **BSC (HONS) MENTAL HEALTH AND WELLBEING WITH FOUNDATION YEAR**

Awarding Institution: **ANGLIA RUSKIN UNIVERSITY**

Awarded Degree: **BSC (HONS) MENTAL HEALTH AND WELLBEING WITH FOUNDATION YEAR**

Duration: **4 YEARS**

## **COURSE OVERVIEW**

The 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 issues and importance surrounding all areas of 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.



# MODULES

## Year 1

- Data Skills
- Research Skills
- Communication Skills
- Professional Development Skills

## Year 2

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

## Year 3

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

## Year 4

- Global Perspectives and Cultural Comparisons
- Community Health and Wellbeing in Practice
- Mental Health and the Media
- Undergraduate Project

## JOB PROSPECTS

- Occupational Therapy Assistant
- Care Home Manager
- Community Development Worker
- Healthcare Manager
- Health Promotion Specialist
- Primary Care Graduate Mental Health Worker
- Psychological Wellbeing Practitioner

