

Course Outline and Details

Course Code	14012Y24	Title:	Mental Wellbeing Award
Time and duration		Location	
Start Date:	21 May 2025	Grays Area	
Start Time: 12:30	End Time: 15:00	Grays Area	
Start Day:	Wednesday		
No. of Lessons:	4	Grays	
No. of Weeks:	4	Essex	
Total No. of Hours:	10.00	RM17 5DD	E: tacc@thurrock.gov.uk

Description

This L1 course offers foundational knowledge about mental wellbeing, equipping learners with the understanding and tools needed to promote good mental health in themselves and others. It is an ideal starting point for anyone seeking to understand mental health, recognize the signs of mental ill-health, and support others effectively.

What will I learn?

This course is designed to equip learners with the knowledge and skills to enhance their personal health and wellbeing. Through engaging discussions and practical activities, the course focuses on:

Beliefs and Values: Understanding the nature of beliefs and values, how they are formed, and their impact on personal decision-making and relationships.

Drugs and Substance Misuse: Exploring the use and misuse of legal and illegal drugs, their effects, and strategies for prevention and informed choices.

Understanding Stress: Gaining insights into stress, its causes, and effective stress management techniques.

Making Decisions: Developing skills to make informed and balanced decisions in challenging situations.

Entry Requirements

A skills scan is required

What do I need to bring?

Your tutor will let you know at the first session what you will need to provide for the course. We advise you not to purchase anything before your first lesson as we are unable to refund the cost of these in the event of a course is cancelled.

You will need to bring the following to each session:

- Pen, pencil, ruler
- Note paper/pad
- Folder for handouts and notes

What support is available?

You can arrange to see an information, advice, and guidance (IAG) advisor for career guidance and support.

The Discretionary Learning Support Fund (DLSF) can be used to help with travel costs and other expenses, our Learner Experience Team can support you with your application.

If you require any additional support or have any special requirements that you have not already told us about, please inform us as soon as possible by emailing: TACC@thurrock.gov.uk a member of our Learning Support team will contact you to talk about these confidentially.

Please advise your tutor of any medical or health issues that may impact on your learning or your safety whilst attending the college.

What is expected from me?

To attend all lessons and create a portfolio of work for submission

Key dates

You are required to attend your exam, and if you do not you may not have the opportunity to take the exam or retake the course.

No sessions will take place during college holidays.

Additional information

If any part of this course is online; access to a computer or laptop which uses Google Classroom, would be essential. Learners may have the option to loan a Chromebook for the duration of the course, please discuss this with your tutor at the start of your course.

What can I do next?