

# Highfield Level 1 Award in an Introduction to Mental Health and Wellbeing (RQF)

## Who is this qualification for?

This knowledge-only qualification can be taken by learners preparing to enter employment or by those who are already in employment and wish to develop their knowledge of mental health and wellbeing. The objective of this qualification is to prepare learners to progress to a qualification in another subject area and/or to give learners personal growth and engagement in learning, specifically in relation to understanding the basic principles of mental health

## Assessment Method

This qualification is assessed by multiple-choice examination.

## How long will it take?

The total qualification time (TQT) for this qualification is 7 hours and of these all 7 are recommended as guided learning hours (GLH).

**Learners must complete the one unit contained within the mandatory group.**

### Mandatory group

Learners must achieve:

Unit reference	Unit title	Level	GLH	Credit
L/618/3545	Introduction to mental health, mental ill health and wellbeing	1	7	1



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