

**Learner Unit Achievement Checklist**

**SEG Awards ABC Level 1 Award in Mental Health and Wellbeing Awareness**

**603/6919/X**

###### SEG Awards ABC Level 1 Award in Mental Health and Wellbeing Awareness

## Centre Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Learner Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes to learners – this checklist is to be completed, to show that you have met all the mandatory and required optional units for the qualification.

**R/618/5734 Mental Health and Wellbeing Awareness - Mandatory Unit**

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| --- | --- | --- | --- | --- |
| Assessment Criteria | Evidence (Brief description/title) | Portfolio Reference | Date Completed | Comment |
| **1.1** State the meaning of mental health  **1.2** State the meaning of wellbeing  **1.3** List three different types of mental health illnesses  **1.4** List two major types of wellbeing  **1.5** Give an example of one type of wellbeing and what it gives you the ability to do  **1.6** State one factor that could influence mental health and wellbeing |  |  |  |  |
| **2.1** Give an example of how stress can impact mental health and wellbeing  **2.2** Give an example of how substance abuse can affect mental health and wellbeing  **2.3** State how social media can impact mental health and wellbeing  **2.4** Give one example of how peer pressure can affect mental health and wellbeing |  |  |  |  |
| **3.1** List five ways to improve mental health and wellbeing  **3.2** Identify three sources of support and information for mental health and wellbeing |  |  |  |  |

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| **TUTOR COMMENTS:**  **Name: Signature: Date:** |

If chosen for sampling, Internal/External Moderators must complete the following:

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| INTERNAL MODERATOR COMMENTS:  **Name: Signature: Date:** |
| EXTERNAL MODERATOR COMMENTS:  **Name: Signature: Date:** |

Please ensure these forms are copied and distributed to each learner.