



Education & Children's Services
Improving Lives Together
Ambition | Compassion | Integrity



Course Choice Information – Mental Health & Wellbeing

Course Information & Content

Unit 1: Understanding Mental Health Issues

- Explain what is meant by the terms “mental health” and “wellbeing” for individuals and wider society
- Explain a range of mental health issues
- Describe the role of the brain in relation to mental health and wellbeing

Unit 2: Influences on Mental Health and wellbeing

- Describe factors that may influence mental health and wellbeing issues in individuals
- Describe the influence of technology and social media on mental health and wellbeing

[Further information - SQA](#)

