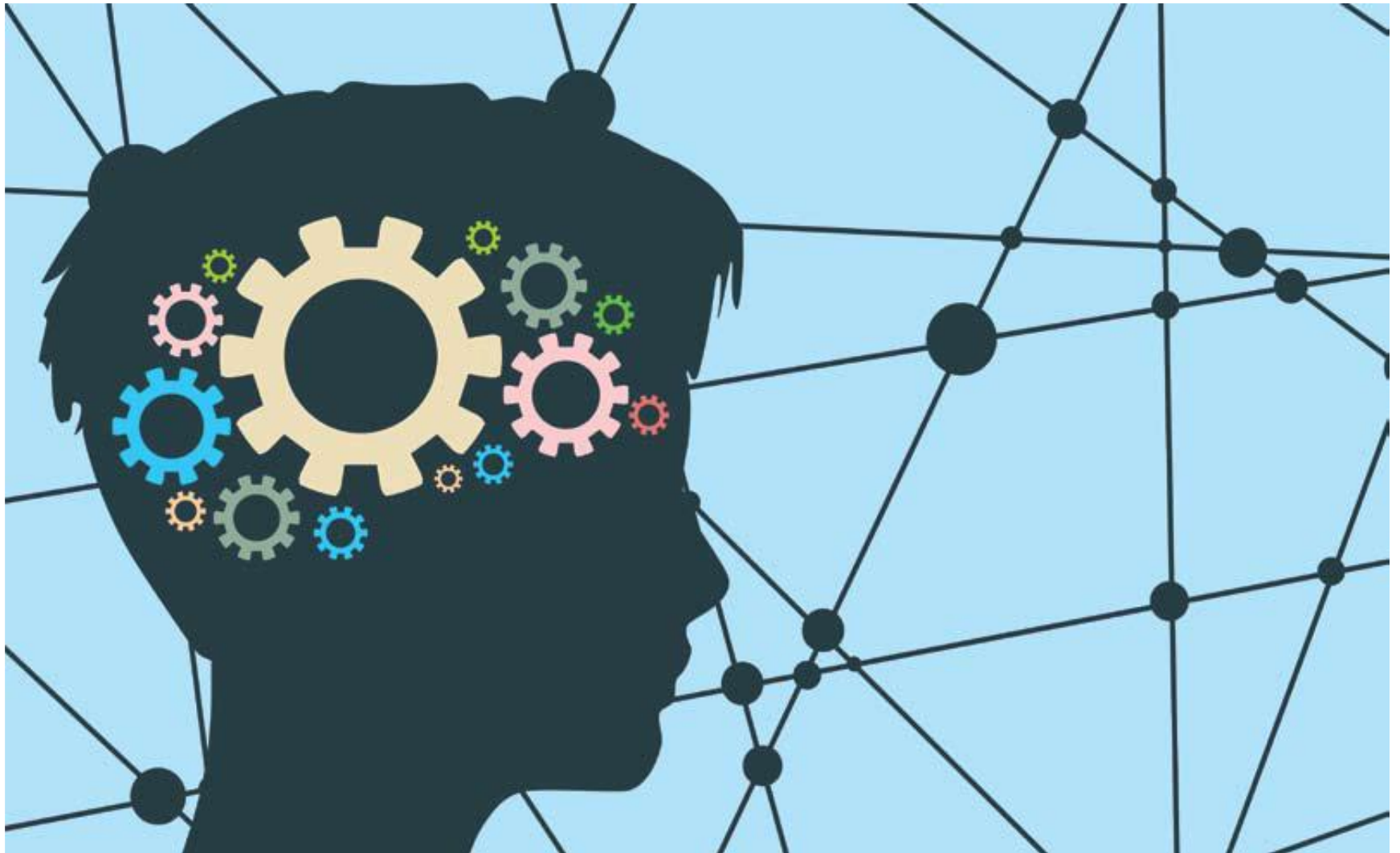




Mental Health & Wellbeing Awards

National 4 and 5





Background

- The Good Shepherd Centre
- Qualifications Design Team
- Research
- Consultation
- Mental Health Strategy (2017-2027)

Mental Health Strategy

'We must prevent and treat mental health problems with the same commitment, passion and drive as we do with physical health problems.'

Statistics

From SAMH 'Going to be Alright' report:

- ◆ Half of mental health problems in adulthood begin before the age of 14
- ◆ By the time they're 16, roughly 3 children in every class will have experienced a mental health problem
- ◆ Over 7,000 young people were turned away from CAMHS services in the last year. That's 19 young people every day
- ◆ When it comes to finding help for your mental health, only a quarter of young people know where to go
- ◆ There are more than 900,000 children and young people who live in Scotland

Content of Awards

- reduce stigma surrounding mental health
- arm young people with healthy coping strategies
- promote knowledge of the impact of mental health on behaviour
- dispel myths surrounding mental health
- promote understanding of positive and negative impacts on mental health
- help individuals to make the right choices
- promote understanding of the potential uses and impact of social media and the internet
- create resilience

Support for Centres

- Ushare Resources
- Teaching Packs for each Unit
- Qualifications Support Team

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