



## Mental Health and Wellbeing in the Workplace

INSTITUTE FOR PROFESSIONAL AND EXECUTIVE DEVELOPMENT

[www.iped-uk.com](http://www.iped-uk.com)

### UNIT SPECIFICATION



Designed in England,  
United Kingdom

## Unit Title

Mental Health and Wellbeing in the Workplace

## Credit value

The credit value for this unit is 30

30 credits equivalent to 300 hours of teaching and learning  
(10 hours is equivalent to 1 credit)

Guided learning hours (GLH) = 50 hours

GLH includes lectures, tutorials and supervised study. This may vary to suit the needs and requirements of the learner and/or the approved centre of study.

Directed learning = 50 hours: This includes advance reading and preparation, group study, and undertaking research tasks.

Self-managed learning = 200 hours: This includes completing assignments and working through the core and additional reading texts. It also includes personal research reading via other physical and/or electronic resources.

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## Learning outcomes

Upon successfully completing the course, the learner will understand the following:

- Mental health and wellbeing.
- Relationship between physical and, mental health and wellbeing.
- Mental ill-health
  - Common signs and symptoms of mental health problems.
  - Factors that could potentially result in a period of poor mental health.
  - Stress and mental ill health.
  - Depression and anxiety (emotional responses and how one might behave).
- Burnout (emotional responses and how one might behave).
- Trauma (emotional responses and how one might behave).
- Grief (emotional responses and how one might behave).
- Life changes and the impact on mental health and wellbeing (emotional responses and how one might behave).
- How employers can create a workplace that supports and promotes positive/good staff wellbeing and mental health.
- How an employee or worker can look after his/her wellbeing at work.
- How an employee or worker can manage his/her mental health at work.
- How employees and workers experiencing mental health problems can be supported.

## Recommended learning resources

<b>Indicative reading</b>	Contact IPED
<b>Study manual</b>	<ul style="list-style-type: none"><li>• A comprehensive IPED study material is available to aid in learning and research of this unit.</li><li>• We supply IPED course materials free of charge. Our study materials, which offer quick learning start, are comprehensive, use simple English, and are easy to read and understand. The contents are so sufficient and self-explanatory; that in majority of cases readers do not require further support; although support is always available when you need it.</li></ul>