

Title	Describe factors that contribute to mental health wellbeing and mental health challenges		
Level	3	Credits	3

Purpose	People credited with this unit standard are able to describe good mental health and factors that contribute to mental health wellbeing and describe factors that contribute to mental health challenges.
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Classification	Health, Disability, and Aged Support > Mental Health and Addiction Support
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Available grade	Achieved
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Guidance Information

1 References:

- American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington DC: American Psychiatric Association. Retrieved July 24, 2020, from <https://www.psychiatry.org/psychiatrists/practice/dsm>;
- Mental Health Commission – Te Kaitātaki Oranga; Ministry of Health. (1998). *Guidelines for Clinical Risk Assessment and Management in Mental Health Services*. Wellington: Ministry of Health in partnership with the Health Funding Authority. Retrieved from [https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/\\$file/mentalra.pdf](https://www.moh.govt.nz/notebook/nbbooks.nsf/0/2FE380C25ED2F1B34C25668600741EBA/$file/mentalra.pdf);
- Te Pou o te Whakaaro Nui & Ministry of Health. (2018). *Let's get real: Real Skills for people and whānau with mental health and addiction needs*. Auckland: Te Pou o te Whakaaro Nui. Retrieved July 24, 2020, from <https://www.tepou.co.nz/initiatives/lets-get-real/107>;
- The Werry Centre. (2014). *Real Skills Plus ICAMH/AOD, 2014. A competency framework for the infant, child and youth mental health and alcohol and other drug workforce*. Auckland: The Werry Centre for Child & Adolescent Mental Health Workforce Development. Retrieved July 24, 2020, from <https://www.werryworkforce.org/sites/default/files/pdfs/Real%20Skills%20Plus%200Dec%202014%20170315.pdf>;
- World Health Organization. (2018). *Fact sheets on sustainable development goals: health targets – Mental Health*. Geneva: World Health Organization. Retrieved from http://www.euro.who.int/_data/assets/pdf_file/0017/348011/Fact-sheet-SDG-Mental-health-UPDATE-02-05-2018.pdf.

2 Definitions:

- *Mental health* (as defined by the World Health Organization) is “a state of well-being in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”. This will be referred to in this unit standard as ‘mental health wellbeing’.
- *Mental health problems* refer to any psychological or behavioural signs or symptoms that are not part of normal human development or culture, and which may suggest – or could lead to – a formal diagnosis of a recognised mental health disorder.

Outcomes and performance criteria**Outcome 1**

Describe good mental health and factors that contribute to mental health wellbeing.

Performance criteria

- 1.1 Factors contributing to mental health wellbeing are described in terms of a person going about daily living activities, including self-care, education, employment and participation in social life.

Range factors may include but are not limited to – cultural, environmental, physical, economic, psychological, social and spiritual experiences of people going about their activities of daily living across the lifespan (including ageing and migration), resilience; evidence is required for three contributing factors for good mental health and wellbeing.

- 1.2 Good mental health is described in terms of lifestyle choices that can promote or enhance a person’s mental health wellbeing.

Range lifestyle choices may include but are not limited to – physical activity, recreational activities, dietary or nutrition management, safer or nil use of alcohol and drugs, career/employment opportunities, group activities and belonging; evidence is required for three lifestyle choices.

Outcome 2

Describe factors that contribute to mental health challenges.

Range contributing factors may include but are not limited to – cultural, environmental, political, gender, physical, economic, psychological, social, spiritual experiences of trauma (colonisation, historical, personal, collective inclusive of stigma and discrimination); evidence is required for three contributing factors.

Performance criteria

- 2.1 Factors contributing to mental health challenges are described in terms of their capacity to render a person vulnerable to stressful life events or adverse risks.

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	9 December 2010	31 December 2022
Review	2	25 February 2021	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.