



Describe Factors that Contribute to Mental Health Wellbeing and Mental Health Challenges (Level 3)

Unit Standard 26971

3 credits

Options for online
or paper-based learning

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te toi pūkenga



Te Pūkenga

Unit standard overview

This unit standard is currently free for all students in Years 12 and 13.

It explores the concept of mental health wellbeing, New Zealand cultural models of mental health, factors that may contribute to, or are detrimental to, mental health wellbeing, and life-style choices that promote positive mental health.

Learning outcomes

On completion of this unit standard, students will be able to:

- Describe good mental health and factors that contribute to mental health wellbeing.
- Describe factors that contribute to mental health challenges.
- Have a better understanding of mental health that will help support conversations about mental health challenges and mitigations.

Learning and assessment resources

The student has the option to complete this unit standard either paper-based or online through Aka Toi, Careerforce's online learning platform. Paper-based resources can be downloaded from Careerforce's Resource Library.

What's included?

Careerforce | Te Pūkenga will cover the cost of the assessment and reporting of credits to NZQA for free.

Prerequisites

- Years 12 and 13.
- Located anywhere in New Zealand.

How to enrol

1. New schools can register by completing an Organisation Registration Form.
2. Schools must also complete a Memorandum of Understanding.
3. There is a specific Training Agreement Form for this unit standard that must be completed for each enrolling student (students must also clearly state their National Student Number, legal name and contact details, and sign the Training Agreement).
4. All forms are downloadable via careerforce.org.nz/for-schools
5. Completed forms need to be returned to schools@careerforce.org.nz or directly to your Careerforce Vocational Pathways Advisor.

Scan the QR code to find out more:

See our full Gateway packages and learn more about careers in health and wellbeing on our website.



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Careerforce is a business division of Te Pūkenga. We support work-based learning for New Zealand's health and wellbeing sectors.

Across New Zealand, we have Careerforce Vocational Pathways Advisors ready to help. Tap into their expertise to find suitable Gateway programmes at different levels. We'll work together to support your students into compelling and rewarding career pathways across the health and wellbeing sector.