

<b>NAME</b>		<b>MENTAL HEALTH AND WELLBEING</b>
Course volume ECVET	5	
Assessment form	Non-distinctive	
Methods of learning	Group work, independent work, lecture, film, pairwork, written assignments, presentations, Internet search	
Approximate amount of contact lessons	30	
Teacher	-	
Pre-requirements	None	
<b>Course aims (Learning outcomes of the course)</b>	The aim of the course is that the student understands the role of mental health in different life stages, recognizes the warning signs and knows how to cope with stress in work and living environment.	
<b>Topics and subtopics</b>	<ol style="list-style-type: none"> <li>1. Nature of health               <ol style="list-style-type: none"> <li>1.1 Health as resource and mental health</li> <li>1.2 Relations between health determinants</li> <li>1.3 Positive mental health (positive psychology)</li> <li>1.4 Negative mental health (psychiatry)</li> <li>1.5 Mental health and community</li> </ol> </li> <li>2. Mental health and life cycle               <ol style="list-style-type: none"> <li>2.1 Children and the youth</li> <li>2.2 Working age population (men and women)</li> <li>2.3 The elderly</li> <li>2.4 Different sources on mental health</li> </ol> </li> <li>3. Psychological defence and coping with stress               <ol style="list-style-type: none"> <li>3.1 Stress, distress and eustress</li> <li>3.2 Salutogenesis</li> <li>3.3 Empowerment, ability to control one's health determinants</li> <li>3.4 Conflicts, emotions and coping strategies</li> <li>3.5 Burn-out and occupational mental health</li> <li>3.6 Personality traits</li> <li>3.7 Source-criticism</li> <li>3.8 Recognition and prevention / time management, self-aid literature and groups</li> </ol> </li> </ol>	
<b>Learning outcomes</b>	<ol style="list-style-type: none"> <li>1. Has an overview of the comprehensive nature of health and the role of mental health</li> <li>2. Analyzes the mental health factors in different stages of human life cycle</li> <li>3. Understands the nature of stress and the coping mechanisms</li> </ol>	
Assessment criteria	<ul style="list-style-type: none"> <li>- Describes the complexity of health and the relations between different health determinants, based on health concepts</li> <li>- Understands the difference between positive and negative mental health</li> <li>- Understands the nature of mental health in different stages of the life cycle</li> <li>- Describes the warning signs of mental health and prevention, based on the mental health strategy</li> <li>- Finds the possibilities for getting help, using Internet search and different sources</li> <li>- Describes the nature and signs of stress and its consequences in the student's work and living environment</li> <li>- Explains the methods of coping with stress through self-analysis</li> <li>- Describes the warning signs of burn-out based on the student's work environment</li> </ul>	
Independent work	Written assignment: based on instructions, describe (independently/in pairs) an incident related to mental health from personal experience, outlining the prevention, interventions and solutions to the incident.	
Assessment method	Module is assessed non-distinctively (pass/fail). Independent written assignment: based on instructions, describe (independently/in pairs) an incident related to mental health from personal experience, outlining the prevention, interventions and solutions to the incident. Oral presentation of the independent work.	
Study literature and materials	MUST: Eesti vaimse tervise ja heaolu koalitsioon (VATEK) Vaimse tervise strateegia 2016-2025	

[http://vatek.ee/wp-content/uploads/2016/04/Vaimse\\_tervise\\_heaolu\\_strateegia\\_2016-2025\\_2016.pdf](http://vatek.ee/wp-content/uploads/2016/04/Vaimse_tervise_heaolu_strateegia_2016-2025_2016.pdf)

Kasmel, A. ja Lipand, A. (2007). Tervisedenduse teooria ja praktika I: Sissejuhatus zalutoloogiasse.

Martin E. P. Seligman (2008). Ehe õnn. Tallinn: Pilgrim

Tõnu Lehtsaar. Suhtlemiskonflikti psühholoogia. Tartu, 2008

#### Recommended:

Martti Lindqvist. Aitaja Vari. OÜ Väike Vanker, 2008

Toivo Niiberg. Suhtlemise kuldreeglid. Toivo Niiberg ja Kirjastus Pegasus, 2011

Valdar Parve „Vaimne tervis – loomult vastuoluline mõiste“ Sotsiaaltöö 2/2003 Sotsiaaltöös 6/2002

Dirk den Hollander, Jean Pierre Wilken. Kuidas klientidest saavad kodanikud. Taastumise ja kaasatuse toetamine CARE meetodika abil. Tallinn, 2015

Tommy Hellsten. Jõehobu elutoas. Pilgrim, 2007.

Kadri Ugur. Väike kriisimeelespea Koostaja:, EELK Haiglahingehoiu Keskus, 1999

<http://raulpage.org/kriisi.html>

Kristi Puusepp, Ilme Aro: Võimestamine ja võimestumine – mõisteanalüüs. Eesti Arst 2007; 86 (10): 736–743

#### Useful links:

<http://www.terviseinfo.ee/et/>

[www.vatek.ee](http://www.vatek.ee)

<http://raulpage.org/koolitus/>

#### Recommended films on mental health:

Dom durakov (2002) Andrey Konchalovski; peaosas: Yuliya Vysotskaya

One flew over the cuckoo's nest (1975) Milos Forman; peaosas: Jack Nicholson

Veronika Decides to Die (2009) Emily Young; peaosas: Sarah Michelle Gellar

Beautiful Mind (2001) Ron Howard; peaosas: Russell Crowe

Printsess (2010) Arto Halonen. Peaosas: Katja Kukkola

Shutter Island (2010) Martin Scorsese. Peaosas: Leonadro DiCaprio

Awakenings (1990) Penny Marshall autor: dr. Oliver Sacks). Peaosas Robert deNiro ja Robin Willams

Polaar poiss (2016) Eesti film. Anu Aun

La Pazza Gioia (Like Crazy ) 2016 Italian