

Mental Wellbeing (Entry 3 and Level 1)

Summary of Changes

Purpose of Update: Following a scheduled review of this qualification, changes have been made to ensure that the qualification remains fit for purpose, relevant and engaging.

As part of this review, all indicative content (IC) has been fully reviewed and updated, and the purpose, aim and objectives has been updated to align with the requirements of the qualifications.

No other changes have been made to the structure, assessment requirements or learning outcomes of these units or qualifications.

The information below details what specific changes have been made for teaching from 1st August 2026 onwards.

Revision date	Updated by	Previous version	New version	What this means for centres
December 2025	Product	N/A	<p>All indicative content in unit M/617/1243 - Understanding Mental Wellbeing has been revised.</p> <p>All indicative content in unit K/617/1242 - Understanding Mental Wellbeing has been revised.</p>	<p>New indicative content has been added to the unit, providing centres with up-to-date, relevant material that supports high-quality delivery. This refreshed content ensures that tutors have clearer guidance and current examples to work with, helping them deliver engaging and accurate teaching aligned to present-day Mental Health and Mental Wellbeing practices.</p>