

# COURSE DETAIL

## UNDERSTANDING MENTAL HEALTH

**Country**

United Kingdom - England

**Host Institution**

University of Manchester

**Program(s)**

English Universities, University of Manchester

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Health Sciences

**UCEAP Course Number**

120

**UCEAP Course Suffix****UCEAP Official Title**

UNDERSTANDING MENTAL HEALTH

**UCEAP Transcript Title**

UNDERST MENTAL HLTH

**UCEAP Quarter Units**

4.00

**UCEAP Semester Units**

2.70

## Course Description

This course explores why and how mental health and wellbeing are important to all of us. It introduces intellectual and professional discussions around mental health and how people's experiences come to be labelled as mental illness in some cultures but not others. Students gain new perspectives on longstanding questions in the field, such as the nature vs nurture debate, causes of mental health problems, and the history and controversies relating to psychiatric labeling, diagnosis, and treatments. Students consider contrasting theoretical perspectives - specifically biological, social, and psychological models - on mental health problems and their management. This course also introduces the research, theory, and practices that have helped shape how mental health problems might be treated.

## Language(s) of Instruction

English

## Host Institution Course Number

UCIL20112

## Host Institution Course Title

UNDERSTANDING MENTAL HEALTH

## Host Institution Campus

University of Manchester

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

University College for Interdisciplinary Learning

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