

In Progress

Please note that this Unit Profile is still in progress. The content below is subject to change.



NURS12162 *Mental Health and Wellbeing*

Term 1 - 2027

Profile information current as at 07/09/2026 09:51 pm

All details in this unit profile for NURS12162 have been officially approved by CQUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

Two in five adult Australians have experienced mental illness in their lifetime, including substance use disorder, affecting the health and well-being of individuals, families, and communities (Australian Bureau of Statistics, 2023). Therefore, all registered nurses will encounter people with mental health issues. This unit introduces you to mental health as a national health priority, including the importance of assessing the mental health of people with physical health issues and the physical health of people with mental health issues. You will also develop strategies to support people experiencing stress and distress in various health settings. Finally, you explore recovery-oriented, trauma-informed, and culturally safe approaches to providing care to people with mental illness, including relevant legal, ethical and professional frameworks and self-care strategies.

Details

Career Level: *Undergraduate*

Unit Level: *Level 2*

Credit Points: 6

Student Contribution Band: 7

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

Pre-requisites: NURS11173 or NURS11165 NURS11170 or admission to CM77 Co-requisite: BIOH12011

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 1 - 2027

- Brisbane
- Online
- Rockhampton

Attendance Requirements

All on-campus students are expected to attend scheduled classes – in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important](#)

that you visit your Moodle site throughout the term. Please visit Moodle for more information.

Class and Assessment Overview

Information for Class and Assessment Overview has not been released yet.
This information will be available on Monday 11 January 2027

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Academic Progression Policy and Procedure
- Student Refund and Credit Balance Policy and Procedure
- Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from SUTE

Feedback

This was an exceptional unit both in the quality of teaching and the content. By far the most beneficial unit to my learning experience. Every aspect from the weekly content to the res school, assessment and placement was a powerful and needed insight into mental health nursing. It has forever changed my personal and professional mindset in the most positive ways. Thank you for giving me this learning opportunity!!!!

Recommendation

Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods aligned with pedagogy, andragogy, Bloom's taxonomy framework, Benner's concept relating to stages of clinical competence and principles of equality, diversity and inclusion.

Feedback from 2-Day Residential Schools and SUTE

Feedback

The learning material and residential school attached to this unit were valuable and well delivered. However, this unit is not enough to adequately prepare nurses to care for those with mental health concerns. I am disappointed that further content and written assessments were not included as part of learning for mental health. I believe this would have best been delivered as another unit. I am aware that post-graduate study is an option, but there are many nurses that will undertake this study and this will result in a lack of understanding and adequate care of patients that are suffering with mental illness. The small amount of time dedicated to mental health demonstrates that the university does not consider mental health to be a serious or worthwhile topic to educate their about. Unfortunately, this is reflected by the attitudes of nurses across the profession. It is unlikely to improve without a solid foundation of learning provided by universities throughout Australia.

Recommendation

Unit Coordinators will continue to develop and ensure the 2-Day Residential School and Moodle learning content, teaching and assessment methods are underpinned by current evidence-informed educationalist and mental health nursing theoretical knowledge and practice skills. The Bachelor of Nursing-Head of Course (BN-HOC)/School of Nursing & Midwifery executive will incorporate this feedback when planning and formulating the revised Bachelor Of Nursing (BN) degree curriculum.

Feedback from SUTE

Feedback

[Unit Coordinator] was a fantastic facilitator and shared so openly his experiences with nursing. He checked in regularly while on placement and I felt very supported. He also contacted me once my placement was done to commend me on my feedback and ask me about my experience. I have never had this from any other university facilitator and it showed such wonderful personalisation and support.

Recommendation

Unit Coordinators will continue to apply evidence-informed diverse teaching, learning and assessment philosophies and methods that are person-centred/student-focused and culturally sensitive to enhance individual students' motivation, commitment and ability to complete all the unit assessments and meet the set learning outcomes.

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.
This information will be available on Monday 11 January 2027

Alignment of Learning Outcomes, Assessment and Graduate Attributes

Information for Alignment of Learning Outcomes, Assessment and Graduate Attributes has not been released yet.
This information will be available on Monday 11 January 2027

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.
This information will be available on Monday 15 February 2027

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.
This unit profile has not yet been finalised.