

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 - 2026

Profile information current as at 22/01/2025 08:42 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: N7218 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 - 2026

- Mixed Mode
- 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 12 January 2026

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
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and 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

At the Res School watching the interview for the MSE written assignment was very helpful to see how the professionals deal with mental health consumers and more of this would be very beneficial. This is a very important aspect of nursing and I believe the mental health placement should really be longer than 2 weeks, maybe like 4-5 weeks ideally. Mental health it seems is only going to become a bigger problem so the more educated we students can be in regards to this, the better. Great unit, loved my mental health placement and theory and the unit coordinators are a wealth of knowledge.

Recommendation

Unit Coordinators will continue to enhance the evidence-informed content and learning activities pertaining to the Mental State Examination (MSE) assessment within the 2-Day Residential School. Unit Coordinators will request the Bachelor of Nursing Head of Course (BN-HOC) and Deputy Dean Teaching and Learning (DDLTL) to consider increasing the 2-Day Residential School to 3-Days and increasing the duration of the mental health nursing clinical placements from 80 hours to 160 hours.

Feedback from SUTE

Feedback

The coordinators for this unit are by far my favourite that I have come across so far. Steve Haines, Craig Morris and Shunil Raina are absolutely wonderful, they are understanding and understanding of life's difficulties making them amazing teachers and mentors. They are the most approachable, understanding and caring teachers, they have made my mental health unit enjoyable and exciting to learn. A few coordinators from other units need to take notes from these guys in order for a great CQU learning experience is met along with less stressful timelines. I think the res school needs to be a bit longer, but overall it's been my favourite subject so far. I loved it. The unit coordinators were INCREDIBLE.

Recommendation

Unit Coordinators will continue to apply evidence-informed diverse teaching, learning and assessment philosophies and

methods that are person-centred/student-focused, culturally sensitive and thus enhance individual students' motivation, commitment and ability to successfully meet the unit requirements and aligned learning outcomes.

Feedback from SUTE

Feedback

This unit has enlightened me and assisted me in understanding Mental Health nursing better and has taught me how to deal effectively with mental health patients in an empathetic way. All teaching staff from MH subject have been very supportive and accommodating to situations I have been going through and with helping my learning. I felt very supported with my learning in this unit and the teachers were very respectful and helpful. I have nothing to fault. Res school was insightful and extremely motivating. I thoroughly enjoyed this unit. I found it incredibly interesting and have gained skills that can be used throughout my nursing career regardless of where I end up in the future. The unit is well thought out and the assignments are very useful in preparing us for real-world mental health nursing scenarios.

Recommendation

Unit Coordinators will continue to develop and ensure the Moodle content/site, the 2-Day Residential School, and unit assessments are underpinned by current evidence-informed educationalist and mental health nursing knowledge and practice skills. Unit Coordinators will develop additional Moodle content such as weekly quizzes to enhance students' comprehension of mental health nursing knowledge and practice skills. This will assist students in completing the unit assessments and attaining the unit learning outcomes, and thus reduce the theory-to-practice void that exists within all mental health nursing and all other nursing disciplines.

Feedback from SUTE

Feedback

Amazing unit and lecturer's, we need more mental health classes if anything. Incredible teachers. This placement unit was one of my favourites yet. The res school allowed me to be myself and express ourselves the way we wanted. I have always been more for being relaxed being yourself. communication plays a huge roll in nursing and this unit allowed us to actually put that therapeutic nursing side into action where clinical placements do not allow that. Our coordinator Craig Morris was very helpful and approachable. Very quick to respond to any queries. He is very knowledgeable in his field. Craig is an amazing teacher. Thank you, Craig. Cannot speak highly enough of Shunil his knowledge & experience that he shared was so valuable to my learning. He was very passionate about the MH field, extremely approachable, supportive & encouraging. I have learnt so much from Shunil & feel this has influenced my interest in furthering my career towards MH nursing.

Recommendation

Unit Coordinators will continue to apply diverse teaching, learning and assessment philosophies and methods that are aligned with Pedagogy, Andragogy, Bloom's taxonomy framework, Benner's concept relating to stages of clinical competence and principles of equality, diversity and inclusion. Unit Coordinators will continue to underpin their educationalist practice with recognised educational and mental health nursing theories and practice skills; Australian College of Mental Health Nursing (ACMHN) Standards of Practice and Scope of Practice; NMBA Standards and Codes; ICN Code of Ethics and importantly the CQUniversity Values (Engagement, Can do, Openness, Leadership, Inclusiveness).

Unit Learning Outcomes

Information for Unit Learning Outcomes has not been released yet.

This information will be available on Monday 12 January 2026

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 12 January 2026

Textbooks and Resources

Information for Textbooks and Resources has not been released yet.

This information will be available on Monday 16 February 2026

Academic Integrity Statement

Information for Academic Integrity Statement has not been released yet.

This unit profile has not yet been finalised.