

NURS 7032 MENTAL HEALTH FOR COMMUNITIES

Credit Points 10

Legacy Code 400773

Coordinator Mark Goodhew (<https://directory.westernsydney.edu.au/search/name/Mark Goodhew/>)

Description Evolving diversity and changes within societies mean that what are understood as adaptive and maladaptive lifestyles, behaviours and attitudes towards mental illness and traditional healing approaches will vary greatly. This subject presents an outline of the themes and topics central to discussions of mental health and illness within a community. It examines the influences of stereotype and stigma, environment, culture, adaptive ability and support systems for psychological well-being while considering approaches which focus on and promote resilience, attachment, a sense of belonging and empowerment. Contemporary mental health and illness issues relating to selected vulnerable groups will be explored.

School Nursing & Midwifery

Discipline Mental Health Nursing

Student Contribution Band HECS Band 1 10cp

Check your fees via the Fees (https://www.westernsydney.edu.au/currentstudents/current_students/fees/) page.

Level Postgraduate Coursework Level 7 subject

Restrictions

Students must be enrolled 4735 Master of Nursing (Professional Studies) or 4736 Graduate Diploma in Nursing (Professional Studies) (Exit Only).

Assumed Knowledge

Students are expected to have knowledge and understanding of mental health / mental health concerns and be able to relate it to clinical nursing practice for individuals and their families.

Learning Outcomes

On successful completion of this subject, students should be able to:

1. Appraise the complexity of the mental health-mental illness continuum
2. Critically analyse the influences of environment, culture, support systems and adaptive ability on community mental health issues
3. Investigate a range of approaches and their application in mental health promotion
4. Synthesise the risk factors for maintaining psychological well-being in vulnerable populations
5. Critically analyse the extent to which selected issues related to mental health status impact across the lifespan
6. Design and communicate nursing interventions based on the consumer's needs and experiences

Subject Content

1. Conceptual overview of mental health and mental illness

- difficulties with definitions

- myths and misconceptions

2. Community perspectives on mental health

- influences of environment, culture, adaptive ability, support systems
 - community responses, e.g. stigma, discrimination, affirmative action
 3. Approaches to promoting resilience, attachment, empowerment and a sense of belonging for consumers, carers and groups
 4. Mental health perspectives in vulnerable groups, e.g. children and adolescents, aged, immigrants
 Selected issues related to maintaining psychological well-being, e.g. violence and bullying, substance misuse/abuse, depression and suicide

Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Type	Length	Percent	Threshold	Individual/ Group Task	Mandatory
Essay	2,000 words	50	N	Individual	N
Reflection	1,200 words	30	N	Individual	N
Presentation	10 minutes	20	N	Individual	N

Prescribed Texts

- There is no essential textbook.

Teaching Periods

Autumn (2025)

Online

Online

Subject Contact Tracy Stanbrook (<https://directory.westernsydney.edu.au/search/name/Tracy Stanbrook/>)

View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NURS7032_25-AUT_ON_2#subjects)

Parramatta - Victoria Rd

On-site

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View timetable (https://classregistration.westernsydney.edu.au/odd/timetable/?subject_code=NURS7032_25-AUT_PS_1#subjects)