

Mental Health Awareness - E-Learning

Course Aim

This Mental Health Awareness e-learning course aims to help raise awareness of ill-mental health and offer guidance for daily wellbeing-management. However, the main focus of the course is to remove the negative stigma currently associated with mental health.

Available in over 35 languages

Our courses are machine translated* into a variety of popular International languages, so regardless of location or language preference, we've got you covered. Our machine translated content includes the translation of course transcripts and test questions.

**Content which is not English may be machine translated and is for assistive purposes only. We cannot guarantee the accuracy of translations.*

Who Should Attend?

This course is suitable for delegates who require mental health awareness within the workplace.

Happy staff equal healthier, more productive and more successful staff. This course provides easy tips & tricks for day-to-day wellbeing-management.

Course Duration

This is a 40 minute course.

Agenda

The course modules cover:

- Mental Health Awareness
- Mental Health Problems
- Wellbeing Toolkit
- External Help

Certification

Delegates will receive a HSS printable certificate in Mental Health Awareness upon completion of the course.

This course is approved and accredited by IOSH.