

## Mental Health Awareness

One of the biggest challenges with poor mental health is removing the stigma that surrounds it. Many don't hesitate to seek help for a physical pain or problem, yet so many of us ignore emotional and mental health issues - or we feel too embarrassed, confused or scared to talk about them. This Mental Health Awareness Training discusses mental health the way you would a headache or the flu, and it encourages you to take care of yourself as you would a loved one.

This course raises awareness, it explains how to approach mental health and remove stigma; and it also provides simple tools, tips and ideas for day-to-day wellbeing-management (for yourself and others).

Happy staff equal healthier, more productive and more successful staff. Put simply, good mental health is a win-win for every employee and their organisation.

### Key Features & Benefits of this Course

- CPD accredited
- Take positive steps to remove stigma surrounding mental health
- Receive certificates upon course completion
- Helps you comply with current legislation

### Contents

#### 1. Mental Health Awareness

This section introduces mental health and raises awareness about removing stigma, the importance of mental health training, the common triggers of poor mental health, and it provides an insight into the influence of negative thought patterns.

#### 2. Mental Health Problems

Section two talks about poor mental health and how to manage it - particularly loneliness, stress, anxiety and depression. It looks at changes in behaviour and what to keep an eye on, and it has additional resources that provide an overview of other mental illnesses, such as phobias, bipolar disorder, personality disorders, eating disorders and panic attacks - to name a few.

#### 3. Wellbeing Toolkit

This section is your wellbeing toolkit that can be used to manage day-to-day mental health. It offers a variety of insights, mini exercises, practical strategies, recommendations and some food for thought so you can use what suits you. It also explains the importance of creating a Wellbeing Action Plan at work.

#### 4. External Help

This short final section is a hub for external mental health management. It offers you many starting points for improving mental health, or simply to maintain good mental health. It provides information on books, magazines, websites, apps, helplines and the different types of counselling and therapy that are out there - and how you can get started.

## Test & Certificate

This Mental Health Awareness Training course concludes with a 20 question multiple choice test with a printable certificate. In addition, brief in-course questionnaires guide the user through the sections of the training and are designed to reinforce learning and ensure maximum user engagement throughout.

As well as printable user certificates, training progress and results are all stored centrally in your LMS (Learning Management System) and can be accessed any time to reprint certificates, check and set pass marks and act as proof of a commitment to ongoing legal compliance.

## What does my certificate include?

Your Mental Health Awareness Certificate includes your name, company name (if applicable), name of course taken, pass percentage, date of completion, expiry date and all relevant approvals