

Mental Health Awareness



Course Overview

This online program will increase your awareness and understanding of mental health issues. It will also help you recognise some of the signs of different mental health issues and guide you on how to respond appropriately.

Duration

Approximately 2-3 hours online self-paced learning.

Certification

All participants receive a certificate of completion and a copy of the eBook *"Healthy Minds Productive Minds: Mental Health in the Workplace"* by Lyn Benson and John Haines

Main Topics

- Stress
- Anxiety
- Depression
- Suicide Prevention
- Addictive behaviours
- Triple-R for mental health:
Recognise – Respond – Refer

