

Mental Health Literacy

(eLearning)

Overview

Mental Health is essential aspect of wellbeing, yet each year 1 in 5 Australians aged 16-85 experience a mental health disorder, and even more face significant challenges to their mental health.

The following course explores key concepts in mental wellbeing, and the factors that contribute positively and negatively on mental health. It examines the most common health concerns in Australia, their symptoms and their impacts on individuals, families and the wider community.

As well as how to recognise the signs that someone may be experiencing challenges to their mental health and how to respond with empathy, while keeping ourselves and others safe.

Aim

The course will also discuss the history of stigma surrounding mental illness in Australia, and the ongoing myths and misconceptions that impact people's experience of mental illness and our own response.

Working from a recovery-oriented model, this course will explore the role we all can play in supporting and promoting recovery in those facing mental health concerns, as well as strategies for maintaining our own wellbeing when responding to others.



Learning Objectives

- Have an awareness of mental health and mental disorders.

Format

2-hour Self-paced eLearning.

This course is a pre-requisite to the face-to-face training of the Mental Health Literacy course.

Resources

Your certificate will be available for download on completion of the course.

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