Mental Health Awareness
E-Learning

This course is designed to enlighten, engage, and empower teams in the intricacies of mental health and illness.

60-90 Minutes

Online Learning

About the course

In today's fast-paced world, mental health is as crucial as physical well-being. Introducing an essential E-Learning course can unlock a transformative experience that fosters a supportive and productive work environment. Elevate your organisation's approach to mental health with our expertly crafted course.

Who should attend

Ideal for organisations aiming to increase the awareness of mental health in order to help nuture a culture of empathy, support, and understanding.

Course syllabus

The course modules cover:

➤ **Understand Mental Health:** Outline mental health and illness, recognising common conditions

➤ **Embrace Empathy:** Master empathetic communication techniques for a supportive workplace

➤ **Recognize & Address Stigma:** Increase awareness of stigma and its impact, encouraging open dialogue

➤ **Discover Support Structures:** Identify key resources and support systems for mental well-being

➤ **Promote Positive Workplace Culture:** Learn the benefits of mental health awareness in enhancing productivity and employee satisfaction.

Certification

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

For General Queries

Contact our customer services team:
workplace-training@sja.org.uk

Or call us on
0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm

St John Ambulance