

# Awareness of mental health and wellbeing

Mental health plays a huge role in the physical wellbeing of individuals. By raising awareness of mental health and continuing to reduce the stigma surrounding mental ill health, we become better equipped to identify how best to support those who may be struggling and help increase their quality of life. In this Awareness of Mental Health and Wellbeing e-learning course, learners will look at mental health, mental ill health, and wellbeing. The course covers what mental health and mental ill health are, the factors that influence mental health and mental ill health, the impact of mental ill health on individuals, the types of mental ill health and illnesses, the importance of diagnosis and recovery and types of self-care and management.

## AREAS COVERED



- Introducing mental health
- Good mental health and poor mental health
- What does mental health mean?
- What is mental ill health?
- Personal risk factors
- Life events
- What is stigma?
- Types of mental ill health and illnesses
- Introduction to diagnosis and recovery
- The recovery journey
- The wellness recovery action plan
- The recovery model
- Self-care and management
- Mindfulness

## WHO IS IT AIMED AT?



This Awareness of Mental Health and Wellbeing course provides a basic introduction for anyone with an interest in finding out more about mental health. It can also be used as a foundation for progression on to the Highfield Level 2 Award in Introduction to Mental Health Awareness and the Highfield Level 2 Award in Introduction to First Aid for Mental Health.

## KEY DETAILS AT A GLANCE

### DURATION

20 – 40 minutes

### ASSESSMENT

Multiple-choice questions

### CERTIFICATED

Yes – Highfield Completion Certificate

### SUPPORT

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### LOCALISATION

EU legislation within a UK context, but suitable for international businesses that trade with the EU and will be subject to the legislation.