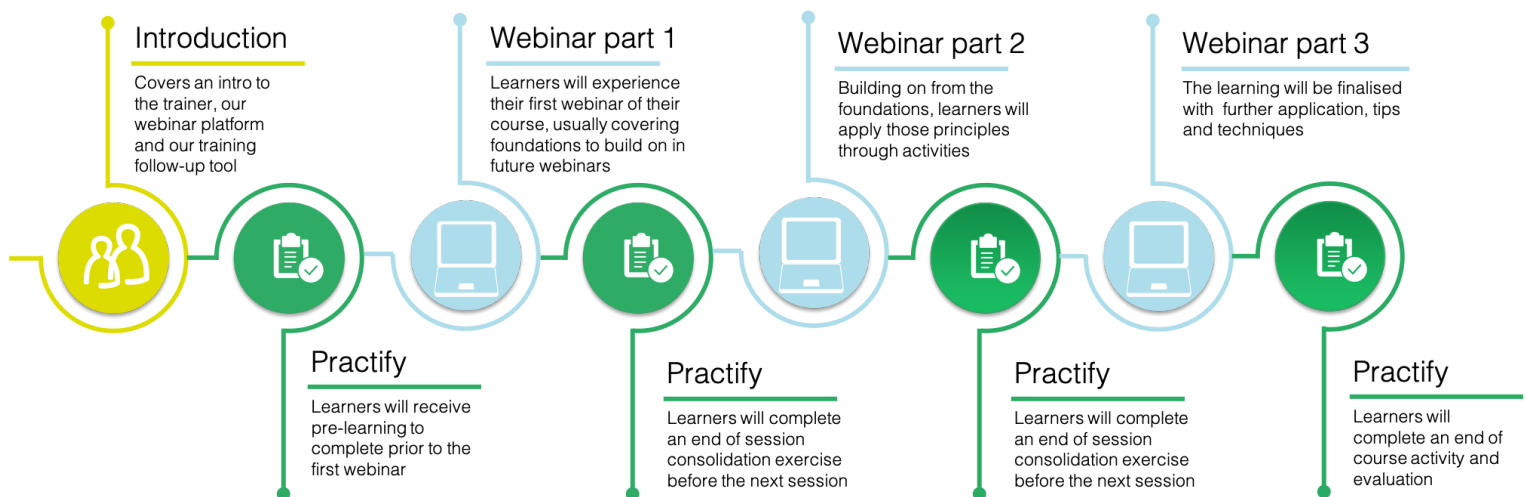


Managing Mental Health

Mental health is just as important as physical health, but why don't we give mental health as much time and support as those physically injured or impaired?!

In this webinar series we talk about mental health and its importance on overall wellbeing, that there are common conditions amongst the 1 in 4 people affected globally in any given year and we can support ourselves, or others experiencing them.

Our LockedIn Learning Journey



Key Topics

- Mental health
- Common mental health conditions
- Signs & symptoms of common mental health conditions
- How we can help ourselves
- How we can help others



Outcomes

- Participants will:
- Differentiate between mental health and mental ill-health
 - Identify key signs of symptoms of mental health conditions
 - Recognise how they can support themselves and others



Course Includes

- 1 x 30 minute intro webinar
- 3 x 1-hour live webinars
- Learning challenges & tasks
- Pre/Post Assessment
- Dedicated training consultant throughout journey