



MENTAL HEALTH AWARENESS

DESCRIPTION OF COURSE

Mental Health Awareness provides a practical introduction to mental health in the workplace. Participants will learn about the importance of mental health, common signs that someone may be struggling, and factors that support positive mental well-being.

Mental Health Awareness explores strategies for building resilience, managing stress, preventing burnout, and creating healthier workplace environments. Participants will also learn about the Mental Health Continuum, the Thirteen Factors of Psychological Health and Safety in the Workplace, and ways to support colleagues experiencing mental health challenges.

WHY TAKE THIS COURSE?

Mental health affects everyone. Understanding how to recognize concerns, support well-being, and create a healthier workplace can benefit both employees and organizations.

Mental Health Awareness will help you:

- Better understand mental health in the workplace
- Build resilience and manage stress more effectively
- Recognize signs of burnout and mental health challenges
- Support colleagues in a respectful and appropriate way
- Contribute to a positive and psychologically healthy workplace culture

TOPICS COVERED

- Mental health in the workplace
- Signs and symptoms of mental health challenges
- The Mental Health Continuum
- Building resilience and strengthening mental health
- Stress management strategies
- Burnout prevention and recovery
- The Thirteen Factors of Psychological Health and Safety in the Workplace
- Supporting colleagues who may be struggling

LEARNING OUTCOMES

By the end of *Mental Health Awareness*, participants will be able to:

- Recognize common signs of mental health challenges
- Apply practical strategies to strengthen mental health and resilience
- Identify warning signs of burnout
- Understand the Mental Health Continuum and the Thirteen Factors of Psychological Health and Safety
- Support colleagues in a respectful and supportive manner
- Contribute to a healthier and more supportive workplace culture

