

Online Mental Health Awareness Course

Help yourself and others by learning more about your Mental Health

According to the Australian Bureau of Statistics, 1 in 5 Australians, at some stage in their life, will experience a Mental Illness. It could be a friend, colleague, family member, or even yourself. However, Mental Illness isn't always a 'life sentence'. In fact, the vast majority of people will get better. Sometimes it just takes a bit of help to get there.

The Mental Health Awareness course covers a variety of common Mental Health issues.

This course is designed to help users understand possible causes of Mental Health problems, effects they can have on both the individual and others, and some helpful tools and tips to support either yourself or someone else living with a Mental Illness.

Modules Included:

Part One:

- Mental Health Explained
- Stress
- Anxiety
- Depression

Part Two (Coming Soon):

- Self Harm
- Suicide
- Eating Disorders
- Other Common Mental Health Issues
- Resilience and Mental Wellbeing

Course Features:

- Key messages delivered by Jonathan Lincolne: Clinical Psychologist, Author and Researcher
- Engaging Animation and Scenario-based learning that helps users relate back to real life
- Knowledge Checks to test user understanding
- Smartphone compatible for learning anywhere, anytime
- Certificate of Completion
- Downloadable Resources

Developed by

OLIVE

In conjunction with

**LEARNING CURVE
GROUP**

*A portion of sale proceeds is donated to
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