



MENTAL HEALTH AWARENESS

Course Number
VEL0305

Time Required
25 minutes

Assessment
Formal (multiple choice)

Approvals
CPD

People often equate the words mental health with mental illness and there are many definitions of what mental health actually is. Mental health issues can happen to anyone despite social background, intelligence, gender or other factors.

Recommended System Requirements

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

This course explains the difference between mental health and mental illness. It covers the symptoms of a number of the most common mental illnesses so you will know what to look out for or what to expect if you are working with someone with one of these conditions. As well as providing some practical advice on how you can work effectively with those affected by these conditions.

Suitable for:

Care, Education
and Commercial



Modules:

- What is mental illness and prevalence rates
- Symptoms of Bi-Polar, depression, psychotic disorders and schizophrenia
- Symptoms of anxiety, personality disorder, selfharming