

Mental Health Aware (CPD Certified)



What is it?

This is a course that covers understanding what is meant by mental health, reasons that prevent people from seeking help and speaking out when they need to and how cultural diversity within society and mental health issues can be misunderstood.

This course is aimed at:

- Anyone looking to improve their knowledge and understanding of mental health

How is it delivered?

It is an online course that takes around 3 hours to complete, however you can save your progress at any time and log in and out whenever suits you.

How do you complete the course?

You complete the course by working through all of the sections and completing the knowledge checks at the end of each module. Upon completion you will receive a "Mental Health Aware" CPD MHA UK Certificate.

Course Outcomes

At the end of the course, you will be able to:

- Understand what is meant by mental health and how to support your own and others mental wellbeing
- Understand cultural diversity in relation to mental health, and the social and personal effects of mental ill-health
- You will gain 3 CPD hours/ point accredited by The CPD Certification Service

Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.

enquiries@shawmind.org or call **01636 600830**