

Mental Health Awareness Training Course Learning Outcomes

On completion of this online Mental Health Awareness training course, learners should know and understand the following:

Defining mental health

Define the term 'mental health'

Identifying disorders

Describe how you might spot a possible mental health disorder

Making referrals

Learn how to make referrals

Supporting others

Support those with mental health disorders

Discrimination and stigma

Recognise discrimination and stigma

Treating mental health disorders

Learn how to treat mental health disorders

Side effects of medication

Understand the different side effects of medication