

Mental Health Awareness

The Lighthouse Mental Health Awareness course gives an overview of what is meant by mental illness and mental health.

It discusses mental illness and mental health with reference to the mental health continuum (MHC) model. MHC is a flexible and comprehensive way of thinking about mental illness and mental health. It shows how mental health, like physical health, is not fixed and fluctuates throughout our lives. The individual, social and environmental factors that can positively or negatively affect mental health are discussed.

The course shows how you can improve your mental health using the evidence-based five ways to wellbeing. These achievable suggestions can have a significant positive impact on your mental health. Work and the work-life balance are important to your mental health. Practical ways you can achieve a healthy work-life balance are described.

The Mental Health Awareness course uses a case study to show how you can see the signs of a mental illness developing in people around you. The case study gives suggestions on how to listen to, talk to and help those in need. There are also tips for how to react and assist in crisis situations.



Course Objectives/Details

- What mental health is and what a mental illness is.
- How individuals can manage their mental health.
- How to help others living with a mental illness.



On successful completion of the test users can download and print a certificate



The course lasts approximately **50 minutes**



Users are required to take a final test consisting of 10 default questions. **The default pass mark is 70%**