

# Mental Health at Work

## Introduction

This module is designed to help you understand some of the issues around mental health; What are the signs? What you can do to help, some of the things you shouldn't do and what sort of help is available should you, or one of your colleagues, need it.

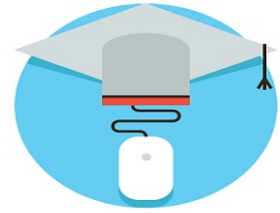
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## Audience

For anyone who wishes to understand the issues regarding mental health.

## Objectives

At the end of the e-Learning you will be able to:

- Understand some of the issues around mental health
- Identify the signs of mental health
- Identify different personality disorders
- Explain what you can do to help
- Help create a healthy workplace environment

## Modules

This course contains the following modules:

### Module name

Mental Health at Work

Mental Health at Work - Assessment

## Content

1. What is mental health
2. Types of personality disorders
3. types of mental illnesses
4. Mental Health in the workplace
5. Creating a healthy workplace environment
6. Stress management competency indicator

