

# Mental Health Awareness

## *CPD Approved*

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.

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.

Course	Module Number	Module Name	Pass % Required
Mental Health Awareness	1	What is mental illness and prevalence rates	70
Mental Health Awareness	2	Symptoms of Bi-Polar, depression, psychotic disorders and schizophrenia	70
Mental Health Awareness	3	Symptoms of anxiety, personality disorder, self-harming	70

### **Recommended System Requirements**

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

**Duration:** 25 minutes (*Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions.*)