







Security CPD Global Ltd



Mental health plays a huge role in the physical wellbeing of individuals. By raising awareness of mental health and continuing to reduce the stigma surrounding mental ill health, we become better equipped to identify how best to support those who may be struggling and help increase their quality of life.

Together we can raise awareness of mental health and wellbeing.

Our course covers what mental health and mental ill health are, the factors that influence mental health and mental ill health, the impact of mental ill health on individuals, the types of mental ill health and illnesses, the importance of diagnosis and recovery and types of self-care and management.

 Mental health and mental ill health Learn what mental health means, what is good mental health and poor mental health	 Risk factors Understand the personal risk factors that can influence mental health and mental ill health	 Diagnosis and recovery Explore the recovery journey, the wellness recovery action plan and the recovery model
 Impact on individuals Understanding the impact of life events and learn about stigma	 Mental ill health and illnesses An introduction to the types of mental ill health and illnesses	 Self-care and management Learn the importance of self-care, management, and mindfulness

The ideal course to provide a basic introduction for anyone with an interest in finding out more about mental health.

The ideal course for...



a basic introduction
for anyone interested in finding out more about mental health and wellbeing



all employees
in a workplace to raise awareness of mental health and wellbeing of colleagues, friends and family

Extend your knowledge with...



anyone working in a team
would benefit from **equality and diversity training**



professionals working in a care setting
should be equipped with **care certificate training**



A learning experience that will be remembered



Interactive exercises

Keep your learners and employees engaged with interactive exercises

Written by experts

Content created by our industry and subject matter experts

Compelling imagery

Visual references to help learners understand the information

Simple to follow

Course delivered in bite sized chunks to suit all learners

Quizzes / assessments

Knowledge checks throughout enable learners to stay on track

Convenient and online

Get the knowledge you need without losing productivity.

Self paced

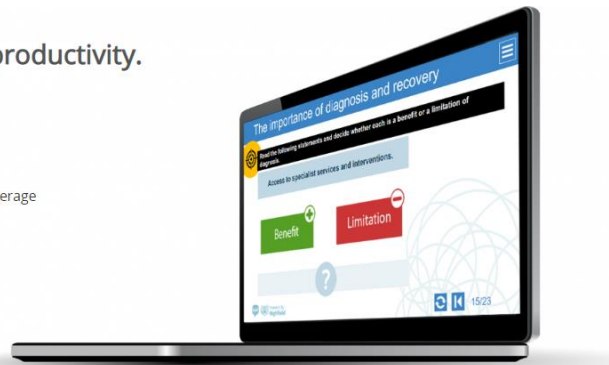
Learn at your own pace anytime using our online platform

1-2 hours

Get up to speed in just a few hours (average completion time)

Accessible

Available on a wide range of devices, includes audio, video and transcripts



Our courses are compatible with most popular desktops and tablets 

* Mobile phones are not recommended

Contact info@securitycpd.org

Website www.securitycpd.org

Certificates for Awareness Courses are included in course cost.



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