

## Mental Health Continuum eLearning

The purpose of the Mental Health eLearning program is to optimise workplace mental health and wellbeing.

Mentally healthy workplaces are happier, perform better and attract and retain more staff compared to their unhealthy counterparts. The return on investment for promoting mental health at work is well worth it. Businesses that spend money on employee mental health average a return of \$2.30 for every dollar spent.

The Mental Health Continuum makes understanding and managing mental health easy and accessible for everyone from head office to the shop floor. The training covers the whole continuum of mental health, from increasing awareness of common mental disorders, to protecting wellness and boosting resilience, to optimizing wellbeing using the latest positive psychology interventions.

The training is written by Psychologists with significant mental health and workplace expertise. It features:

- Highly quality engaging animated content
- Plenty of supportive information
- Multiple choice questions to ensure transfer of learning
- Is self-paced
- Issues certificates on completion, and
- Can be completed on most devices with internet connectivity
- increasing awareness of common mental disorders, to protecting wellness and boosting resilience, to optimizing wellbeing using the latest positive psychology interventions.

	<b>Mental Health Continuum eLearning Modules</b>
	What is Mental Health? <ul style="list-style-type: none"> <li>→ Introduction to the mental health continuum</li> <li>→ Prevalence of mental illnesses</li> <li>→ Introduction to the 5 “pillars” of mental</li> </ul>
Tertiary Prevention	Common mental illnesses: Anxiety
	Common mental illnesses: Depression
	Common mental illnesses: Substance Abuse
Secondary Prevention	Engaging the relaxation response/mitigating the stress response <ul style="list-style-type: none"> <li>→ Deep breathing</li> <li>→ Informal mindfulness</li> </ul>
	Challenging Unhelpful Thinking Styles
	Mental Wellness Protective Factors Part 1: Diet
	Part 2: Exercise
	Part 3: Sleep
Primary Prevention	Optimising mental health Part 1: Positive Emotions
	Part 2: Engagement (Finding Flow)
	Part 3: Positive Relationships
	Part 4: Meaningfulness/Purpose
	Part 5: Accomplishment
	Mental health resources <ul style="list-style-type: none"> <li>→ How to access assistance to address mental health concerns (e.g. medical/EAP)</li> <li>→ External resources and agencies for mental health/wellbeing</li> </ul>

This program is being delivered in collaboration with People Diagnostix

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