



AT A GLANCE:

Course length: 15-20 mins

Video length: 3-5 mins

Languages: English

Mental Health Collection for Employees

Proactive tips to help you stay healthy, mentally.

What's included?

- Bite-size videos
- Interactive exercises
- Knowledge checks
- Workshop guide
- Series infographic

ABOUT THIS COURSE

Often the things that signal changes to your mental health fall into 3 categories- you start to think differently, feel differently and act differently. Remembering your mental health is on a spectrum, there may be things you start to notice that signal your mental health is dropping. You could think about this like the fuel gauge in your car running low. In this course, watch how to spot these signs and think about what your warning signals might be.

KEY INSIGHTS

- **Think**
 - Are you finding it hard to make decisions or getting easily confused?
- **Feel**
 - Has your mood changed? Are you worrying more or feeling a sense of hopelessness?
- **Act**
 - Have you stopped doing the things you usually enjoy or stopped interacting with others?

“In its simplest form, Mental Health is about feeling good and functioning effectively.”
Dr Hazel Harrison

WHO AND WHY

For any employee looking to understand how they can nurture their own positive Mental Health.