

WHAT IS MENTAL HEALTH?



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

Just like we all have physical health, we all have mental health too. Mental health is often defined by your ability to feel good and function effectively (both at work and outside of work).

However, your mental health isn't fixed. Our collection aims to provide you with guidance on how to monitor yourself and give you proactive tips to help you stay healthy, mentally.

KEY INSIGHTS

- We all have mental health
- Good mental health influences your relationships, your ability to reach your full potential and cope with life's challenges
- Your mental health is on a continuum

"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.