



## Mental Health Awareness Training

IOSH, CPD, IIRSM, Institute of Hospitality

### Description

This Mental Health Awareness Training course helps to raise awareness of ill-mental health and offers guidance for daily wellbeing-management. However, the main focus of the course is to remove the negative stigma currently associated with mental health. Happy staff equal healthier, more productive, and more successful staff. This course provides easy tips & tricks for day-to-day wellbeing management.

### Sections

- 1. Mental Health Awareness**
- 2. Mental Health Problems**
- 3. Wellbeing Toolkit**
- 4. External Help**