

## **COURSE OUTLINE: MENTAL HEALTH**

### **Course Overview:**

*Mental Health* educates participants about mental health, including information about grief and depression and practical strategies to support those who may be experiencing mental health issues.

### **Learning Objectives**

Upon completion of this training, participants will be able to:

- Define “mental health” and recognize the factors that contribute to mental health issues, including social determinants
- Define and differentiate between grief and depression and recognize the ways each may impact on an individual’s life
- Recognize the indicators of grief and know how to support someone who is grieving
- Identify suicide risk factors and the warning signs that someone may be at risk of suicide
- Know practical strategies for creating a care provider relationship that is based on trust and respect, where the person receiving care feels safe discussing their emotions

### **Technical Requirements**

The course has a responsive design. This means that participants can take their training on a computer, mobile phone, or tablet. The only requirement is internet access.

### **The Online Learning Experience**

This online course is self-paced. Participants progress at the pace that best matches their learning style and previous knowledge. Participants can log-out whenever they like and log in later, returning automatically to the last viewed screen. Interactive screens break complex topics into smaller, more easily understood units of information, and scenario-based exercises allow participants to apply learned concepts in practical situations. All required learning materials are within the course. After completion of the course, participants continue to have full access to course content.

### **Evaluation**

This is a single-module course. To complete the training, participants must obtain 100% on the end-of-module test. Test questions are randomly selected from a bank of options to ensure that repeat tests will be unique. Participants who fail the test must review the materials and re-test as many times as necessary to obtain the passing grade (100%).

### **Certificate of Completion**

Upon successful completion of the module test, participants will be able to download/print a *Certificate of Completion* which includes the date of training and the participant’s full name.