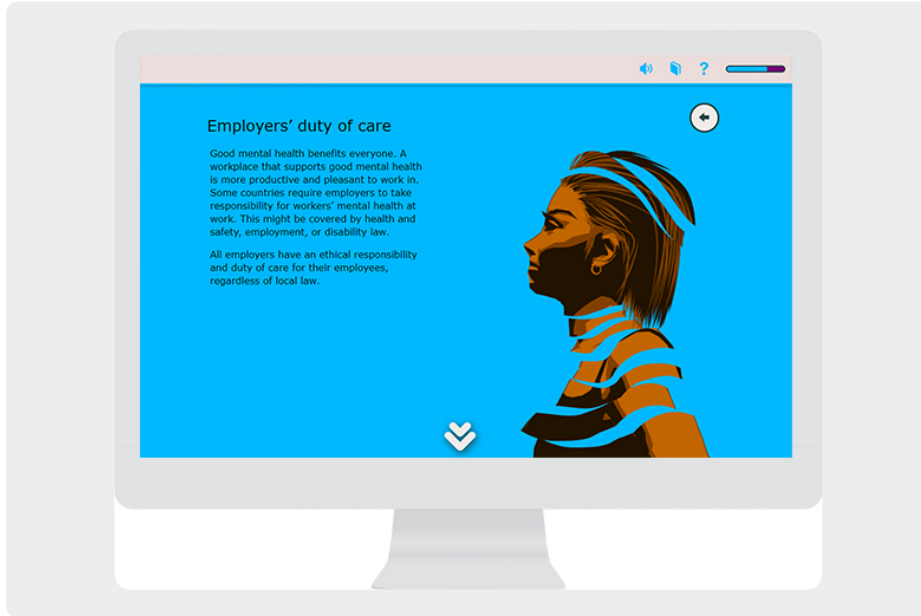


## What is Mental Health?



## Course Overview

Everyone experiences mental health problems. In this course, you will explore what mental health is, some of the more common mental health conditions, and mental health at work. By the end of this course, you will be able to understand mental health in a workplace context.

## Key Learning Points

- Understand what the term mental health means.
- Understand what some of the common mental health conditions are.
- Understand mental health in a workplace context.

Learn More



Technical Requirements



## Guide Pricing

1+ Licenses £29 per learner

11+ Licenses £25 per learner

21+ Licenses £20 per learner

51+ Licenses £15 per learner

101+ Licenses £10 per learner

\*guide prices are per learner, per year

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