

## Supporting Student Mental Health and Wellbeing

Enable your staff to recognise students at risk and provide them with appropriate advice and support with our new elearning course.



### Course Overview

Anyone can experience mental health difficulties at any stage of their lives, but students are particularly susceptible: in fact, mental wellbeing among students has been estimated to be around half the level of non-students. What makes matters worse is that mental health has historically been something that many people, including students, don't feel able to openly discuss.

Our Supporting Student Mental Health & Wellbeing elearning course aims to provide your staff with a practical understanding of mental health. It looks at how they can provide students with advice and support to help them overcome any difficulties they encounter.

### Key Learning Points

- Understand what Mental Health means.
- Know the common Mental Health conditions that affect students.
- Understand what the common triggers are.
- Know which red flags to look out for.
- Understand how to offer appropriate support to Students suffering with Mental Health issues.

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

For 150+ learners, please contact us for a quote by telephone or email:

[enquiries@delta-net.co.uk](mailto:enquiries@delta-net.co.uk)

+44 (0)1509 611019

### Great Value Package

You can buy this course on its own or for greater value why not buy the full package of Performance Training courses?

For more info visit:

<https://www.delta-net.com/performance-management>

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