



# Mental Health Fundamentals



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🕒 0.5 day [half day] 📍 Face-to-face, Live Online 💰 \$ 450

Mental Health Fundamentals is a foundational course that equips you with essential knowledge concerning mental health in the workplace.

This course is designed to empower you with fundamental insights, abilities, and resources for identifying mental health conditions.

Over the duration of this program, you'll be equipped with the tools and understanding to identify, address, and support mental health conditions, fostering an inclusive and empathetic workspace.

The short course is tailored to achieve several key goals: diminishing the stigma surrounding mental health, amplifying awareness, and fostering greater empathy and comprehension among individuals grappling with mental health challenges.



Discover more at [swi.nu/example](https://swi.nu/example)

## Learning outcomes

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

- Grasp the prevalence and types of mental health issues common in workplaces
- Apply communication interventions tailored to support colleagues facing mental health challenges
- Develop a proactive approach to diminish workplace stigma around mental health
- Describe the intricate relationship between work and mental health

## Skills outcomes

Through this course, participants will develop the following skills and knowledge:

- Effective communication
- Implement positive mental health strategies
- Mental health awareness
- Resilience and work-life balance

## What you can expect

- learn alongside professional peers, enhancing your network
- the immediate knowledge and confidence to implement your new skills.

## Pre-course work

There are no pre-requirements for this course.

## Who should attend?

This short course is for anyone who wants to understand and manage stress in the workplace and ways to become more resilient.



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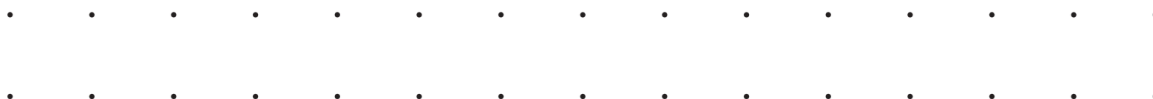
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## The Swinburne Edge difference

Swinburne Edge is a division of Swinburne University that exclusively services professionals. We offer professional development to people with existing skills and experience, who are ready to up-skill or formalise their skills for their next career stage.


Immerse yourself in a Swinburne Edge short course or qualification to enhance your current knowledge with fast-tracked, practical learning that gets you to your goal faster.


For further information, contact our Continuing Professional Education Advisors on 1800 633 560 or [edge@swinburne.edu.au](mailto:edge@swinburne.edu.au).





## Contact us

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