

# Mente Training

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**Exploring the E-Learning  
Courses Available to You**



[mentehealth.com](https://mentehealth.com)



## COURSES

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Within your mental health platform, the Courses page presents a diverse selection of e-learning courses covering mental health and related subjects.

This current guide will navigate you through the various courses offered within the platform.

*Please be advised that certain courses may not be accessible, as course availability can depend on the programme chosen or the relevance to your organisation.*

## ABOUT CPD

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CPD stands for Continuing Professional Development. The CPD Certification Service offers recognised, independent CPD accreditation compatible with global CPD standards.



After completing a CPD-accredited course on your platform, you can view and download your certificate by visiting the Certificates page on your mental health platform.

One CPD point reflects one hour of learning. For courses that take less than one hour to complete, one point can be awarded if you complete the learning materials in the course.

## 1) Introduction To Mental Health

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-  This course covers key topics, including:
- What mental health is
  - Why learning about mental health is beneficial
  - What a mental illness is
  - How can you identify signs of poor mental health in yourself or others
  - How can you look after yourself or someone else



-  30 min/1 hour
-  CPD accredited:  
1 Point awarded

**A key course that we recommend all users complete.**

## 2) Understanding Suicide - Be Informed

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-  This course covers key topics, including:
- What suicide is
  - Statistics about suicide
  - Talking about suicide
  - Factors that may influence the presence of suicidal thoughts
  - Spotting signs of poor mental health
  - How can you look after yourself and those around you




-  30 min/1 hour
-  CPD accredited:  
1 point awarded

**Highly recommended for all users.**

## 3) A Lesson In Stress & Resilience

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-  This course covers topics including:
- What stress is
  - Whether stress is useful
  - What can cause stress
  - How to deal with stress
  - How mental resilience can be built

-  3 modules
-  30 min/1 hour
-  CPD accredited:  
1 point awarded

## 4) Achieving Your Potential & Maximising Time & Productivity For Managers

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This course covers topics including:

- The relationship between happiness and productivity
- Positive attitudes and self-belief
- Time management strategies



2 modules/ 3 for managers



30 min/1 hour



CPD accredited:

1 point awarded

*Please note that if you are a manager, your course will contain additional or slightly altered modules specifically tailored to the needs of a leadership role.*

## 5) Alcohol & Drugs - Be Informed

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This course covers topics including:

- What are alcohol and drug use, misuse, and addiction
- Risks and the law
- The signs of a problem
- Getting support



1 module



30 min/1 hour



CPD accredited:

1 point awarded

## 6) Being A Mental Health Champion

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This course covers topics including:

- Mental health basics
- What a mental health champion is
- What champions can do
- The boundaries of the role
- Supporting your workplace and the individuals within it



2 modules



30 min/1 hour



CPD accredited:

1 point awarded



# MENTAL HEALTH EDUCATION

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Education can play a vital role in supporting mental wellbeing in the workplace.

It can ensure that individuals are equipped with the necessary skills to handle the struggles they may encounter. It can also enable them to provide support to those around them, including family, friends, colleagues, and others.

Education can also help to reduce the stigma surrounding mental health by increasing overall understanding and awareness. This can make it more likely that individuals will feel comfortable seeking support if they need it.

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## 7) Customer Support & Mental Health

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- This course covers topics including:
- Possible impacts of mental illnesses on customers
  - Supporting customers who may be struggling
  - Looking after your own mental health



1 module



30 min/1 hour



CPD accredited:  
1 point awarded

## 8) Guide To Anti-Bullying & Harassment

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- This course covers topics including:
- What bullying and harassment are
  - The law
  - Acceptable and unacceptable behaviours at work
  - What to do if you are affected by bullying or harassment



1 module



30 min/1 hour



CPD accredited:  
1 point awarded

*Please note that if you are a manager, your course will contain additional or slightly altered modules specifically tailored to the needs of a leadership role.*

## 9) Guide To Equality & Diversity At Work

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- This course covers topics including:
- What equality and diversity are
  - Why differences are a good thing
  - Treating others with respect
  - The law
  - What to do if you are affected by the topic



1 module



30 min/1 hour



CPD accredited:  
1 point awarded

*Please note that if you are a manager, your course will contain additional or slightly altered modules specifically tailored to the needs of a leadership role.*

## 10) Menopause In The Workplace

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A two or three-module course dependent on your permission level.

Covers topics including:

- What menopause is
- Potential symptoms of menopause
- Supporting yourself when going through menopause
- Helping others
- Menopause at work



2 or 3 modules



30 min/1 hour



CPD accredited:  
1 point awarded

*Please note that if you are a manager, your courses will contain additional or slightly altered modules specifically tailored to the needs of a leadership role.*

## 11) Trauma Stress Management - Be Informed

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This course covers topics including:

- What trauma is
- When a traumatic experience can occur
- Possible responses to traumatic experiences
- Support that can be useful following experiencing trauma



1 module



30 min/1 hour



CPD accredited:  
1 point awarded

## 12) Understanding Debt, Money & Mental Health

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This course covers topics including:

- The relationship between money and mental health
- Tips on keeping finances under control
- Dealing with debt
- Getting support



3 modules



30 min/1 hour



CPD accredited:  
1 point awarded





## 13) Your Healthy Habits

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This course covers topics including:

- Different healthy lifestyle behaviours
- How to start and maintain good habits



2 modules



1 hour



CPD accredited:  
1 point awarded

*Upon completion of each course, you have the opportunity to provide feedback, allowing us to gain insight into your experience with the course.*



## 14) ISO 45003 - Your Guide To The Standards

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This course is currently available for managers only and covers topics including:

- What ISO 45003 is
- Psychosocial hazards and risks at work
- Risk management in the workplace
- Supporting employees affected by issues outside of the workplace



1 module



30 minutes



CPD accredited:  
1 point awarded

## 15) Working From Home

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This course covers topics including:

- How working from home might affect wellbeing
- Hybrid working
- Healthy routines for working from Home
- The importance of communication



1 module



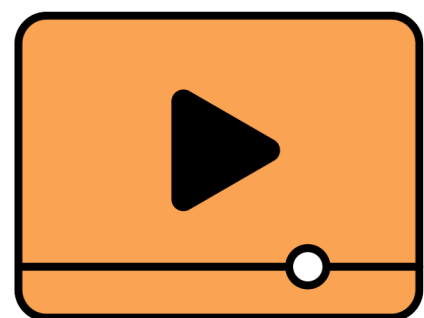
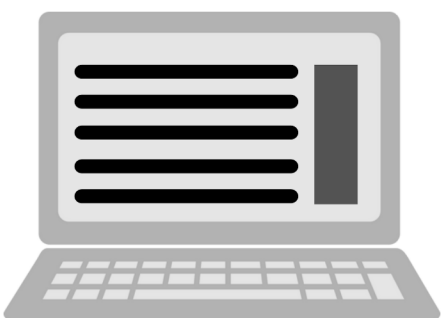
30 minutes



CPD accredited:  
1 point awarded

*Our courses are written at beginner level, so that people with all levels of knowledge about mental health can understand.*

*They also contain a mixture of text, audio, and video, meaning you can learn in a way that suits you best.*



## 16) Safeguarding In Mental Health Peer Support

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This course covers topics including:

- What is peer support?
- Understanding safeguarding during peer support
- Navigating conversations with someone about mental health safely



2 modules



1 hour



CPD accredited:  
1 point awarded

## 17) A Beginner's Guide to Communication Skills

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This course covers topics including:

- The importance of communication
- The difference between verbal and nonverbal communication
- The power of public speaking
- Communication and mental health



1 module



30 minutes



CPD accredited:  
1 point awarded

## 18) A Beginner's Guide to Active Listening

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This course covers topics including:

- The benefits of active listening
- Utilising verbal and nonverbal cues
- Active listening techniques
- Active listening and mental health



1 module



30 minutes



CPD accredited:  
1 point awarded

*Use the resources listed within the courses to gain greater understanding of the subjects you study.*



We hope that you enjoy completing our training courses and find them to be beneficial in expanding your knowledge and understanding of mental health.

In addition to these courses, the Resources page of the platform contains over 200 factsheets about mental health and related topics.

Should you have any additional queries about our courses or services, please don't hesitate to contact us at:

**[info@mentehealth.com](mailto:info@mentehealth.com)**

You can also visit our website:

**[www.mentehealth.com](http://www.mentehealth.com)**