

Mental Health Awareness E-learning Course

www.impact-training.co.uk

Who is this e-learning course aimed at?

Anyone who wants a basic understanding of mental health issues. It covers what mental illness actually is, and some signs and symptoms of common mental illnesses. It is equally appropriate for professional and private use.

What does the course cover?

There are eight separate topics:

1. What is mental illness?
2. Some possible causes of mental illness
3. Four broad types of mental illness
4. Neurotic disorders
5. Psychotic disorders
6. Organic disorders
7. Personality disorders
8. Some UK facts and figures

How long does the course last?

This is really a matter for each individual user, but as a very rough guide we estimate that each topic could be completed within 10-20 minutes. You don't have to complete all eight topics in one go – you can leave the course and return as you wish, and your progress will be recorded as long as you sign back in with the same name and on the same computer.

Does the course contain video clips?

Yes, there are five separate video clips, each approximately 5 minutes long.

How is my progress assessed?

At the end of each topic there are a few (normally 4) multiple choice questions, just to test your understanding of that topic. The pass mark is set at 75% and your total score, along with a printable certificate, is generated when you complete all eight topics.

Do I need special computer equipment and/or skills?

No, all you need is a connection to the Internet (and speakers so that your computer can play the video clips).

Can the course be customised?

Yes, just give us a call on 0845 226 3210 and we'll see what we can do. For example, you might want a course that is customised for staff in your own organisation, with links to your organisation's own policies and procedures. You might also want a way of recording who has taken the course and what score they achieved.