

# MENTAL HEALTH & WELLBEING DISTANCE LEARNING

HOSPITALITY  
PATHWAYS  
For Employees

**Mental Health** includes our emotional, psychological and social wellbeing. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.



*"During this project I have had the chance to listen to other people's experiences. My self-awareness has definitely improved. I have learnt new things regarding how to do my job better and lead my staff. I've learnt strategies on how to solve a problem, how to recognise different roles in a team and how to motivate my peers. It is all about communication, your ability to listen to others and also, your emotional intelligence. Understanding people around you, how to talk, approach, engage, motivate and stimulate them. It is a never-ending learning process in which we must be good at picking up and capturing everything from the world around us." (Giacomo D'Este)*

## Level 2 Understanding Mental Health First Aid & Mental Health Advocacy in the Workplace

This is a Distance Learning course with an estimated completion time of 120 hours. The aim of this qualification is to enable participants to support colleagues with mental health problems. These skills will be gained by increasing the learner's knowledge and understanding of mental health conditions and the principles of mental health first aid and how this can be implemented in the workplace.

This qualification is suitable for those wishing to raise awareness of mental health, creating a culture of care and the promotion of positive mental health. This qualification gives learners the opportunity to understand mental health, its associated care and how this can be applied to colleagues in the workplace.

*Like you, we are looking to the future*



# MENTAL HEALTH & WELLBEING SHORT CPD COURSES

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## Course A: Mental Health Awareness

Whether you are an individual interested in gaining a basic knowledge of mental health for personal or professional reasons or an employer looking for mental health awareness training for employees, this course is ideal. Our CPD certified online mental health awareness course will increase your knowledge and understanding of how cultural diversity, social and personal elements can cause mental health problems, how to recognise and respond to mental health conditions and provide you with a range of skills needed when working in mental health.



## Course B - Part 1: Understanding Anxiety

Research shows that the number of people experiencing and suffering with anxiety is on the rise, especially since the Covid-19 pandemic, so it is more important than ever that people know how to manage and minimise it. Whether the anxiety is caused by work, financial problems, health issues or something else, everyone can experience anxiety. This course will give you the knowledge needed to understand the causes and effects of anxiety, how to support people who suffer from anxiety and how to manage anxiety.

## Course B - Part 2: Understanding Depression

Around 1 in 5 adults are reported to have experienced some form of depression at the start of 2021, more than double compared to before the coronavirus (COVID-19) pandemic. No matter the cause, whether it's financial problems, personal issues or something else, everyone can experience depression. This course will help you understand the causes and effects of depression, how to support people who suffer from depression, how to manage depression, and more.

## Course B - Part 3: Understanding Stress

Stress can have a huge impact on daily life, work and mental well-being as well as the people around you. This short course covers a range of areas including the definition and causes of stress, the effects stress can have on the body, work related stress, stress management techniques and how to support people experiencing stress.

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