

## Mental Health Awareness

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**Duration** 25 Minutes

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**Target group** Oil and Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Define mental health
- LO2: Describe what constitutes good mental health
- LO3: Describe what constitutes poor mental health
- LO4: Explain mental health statistics in the workplace
- LO5: Explain how work can affect mental health
- LO6: Describe the common symptoms and signs of mental health illness
- LO7: Describe the treatment of mental health illness
- LO8: Explain industry legislation and regulation relating to mental health
- LO9: Describe how to positively manage your mental health at work and those around you
- LO10: Explain how employers manage mental health in the workplace and why raising awareness is so important

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**Contents**

The course is available in the following languages: English; Bahasa Malay; Indonesian; Thai; Turkish

The aim of this course is to provide you with a basic knowledge of mental health problems that can arise in the workplace, the symptoms of a mental health issue and how a mental health problem can be treated.

You will learn about how poor mental health can impact the workplace and how companies manage mental health issues through compliance with industry legislation and regulation

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**Exam** The assessment is taken during the course and is within the expected duration.