

OBSRDL028

Mental Health Awareness

Duration	25 Minutes
Target group	Oil and Gas Industry
Prerequisites	No prerequisites are required to sit this course.
Objective	<p>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</p>
Contents	<p>The course is available in the following languages: English; Bahasa Malay; Indonesian; Thai; Turkish</p> <p>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.</p> <p>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</p>
Exam	The assessment is taken during the course and is within the expected duration.