RelyOn Nutec
360° Safety

OBSRDL028

Mental Health Awareness

Duration	25 Minutes
Target group	Oil and Gas Industry
Prerequisites	No prerequisites are required to sit this course.
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
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
Exam	The assessment is taken during the course and is within the expected duration.