

Certificate in Mental Health

OVERVIEW

Learn ways to help other people

Use online certificate courses in mental health to understand better the signs, symptoms and possible treatments of adult mental health problems. Work towards a career in community support services or use a mental health accreditation course to enrich your current career. Our mental health courses cover the implications of labelling and stigma, sleep, hygiene, physical activity, mindfulness and stress management. It includes sections on suicide, psychotherapeutic and pharmacological treatments – and this mental health awareness course explores the difference between mental distress and illness. Enrol today to discover ways to help others and understand yourself.

- Identify some factors that might stop people from seeking help
- Discover ways social relationships can help produce good mental health
- Explore how illness and distress are different

Ready to become unstoppable?
Enrol now and start your journey today.

Enrol Now

Course Content

INVESTMENT

€499

upfront payment; or
€599 with a €25 a week
interest free payment plan

COURSE DURATION

110 hours

COURSE TIMEFRAME

6 months