Inkblot Learning

Mental Health Training for Members

Members will understand the continuum of mental health, the key elements of resilience, and when to reach out for help.

The degree to which you are mentally healthy shapes your **mindset, interactions, quality of work and productivity.**

The online self-paced Inkblot Learning platform outlines **how mental health can impact your life** while educating and reducing the stigma often associated with getting help.

The course takes 30-45 minutes to complete over 5 modules. Course participants will receive a certificate upon completion.

With mental health training, you will learn:

- ✓ To understand the mental health continuum
- ✓ The prevalence and impact of mental illness
- ✓ How to recognize the signs and symptoms of mental health issues in themselves and others
- ✓ Understand the role of resilience and stress management in maintaining wellness
- ✓ How to access resources for help with personal, family and mental health challenges

Course Enrollment Link:

https://inkblot.coassemble.com/unlock/euOgkBv