

# LEARNING LOUNGE

## Mental Health Info Pack

## Mental Health Trailer



## Industry Mentor Series: *Understanding Nutrition for Mental Health*



## Industry Mentor Series: *Early Intervention*



## Child and Adolescent Mental Health

Introduction into Child and Adolescent Mental Health

Mental and Physical Health Disorders: Infancy to Adolescents

Lifestyle and Nutrition Children to Adolescents

Social and Environmental Concerns: Children and Adolescents

Emotional Wellbeing in Children and Adolescents

Psychological Health Concerns: Children and Adolescents

Holistic Health and Well-being: Children and Adolescents

An Approach to Mental Well-being and Recovery

Building Resilience for Mental Well-being

Mental Wellbeing Support Services for Children and Adolescents

A Counselling Approach - An Insight into a Mental Health Issue

## Adult Mental Health

An Introduction to Adult Mental Health

Psychiatric Problems Affecting Adults

Complex Disorders and Neurological Illnesses

Social Psychology and Mental Illness

Mood Disorders and Emotional Wellbeing

Holistic Health and Wellness

Recovery - Focused Care

Treatment and Support in Adult Mental Health

## Mental Health in the Workplace

Emotional Health at Work: Understanding Mental Health in the Workplace

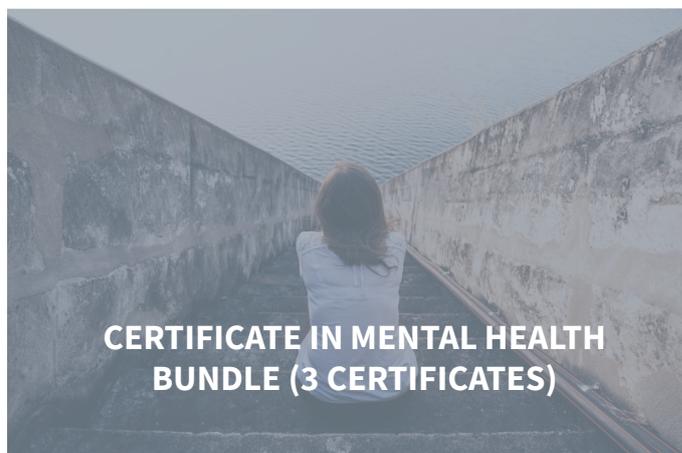
Ethics and Legislation: A Brief Overview

## Best Selling Course Bundles

Checkout our recommended Course Bundles and Certificate Courses, created by combining Micro-Credential (topics) available in this category library.



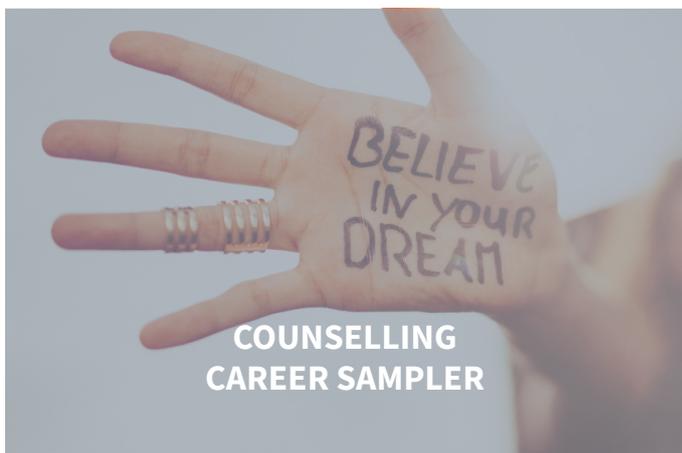
**COUNSELLING COURSE BUNDLE (3 CERTIFICATES)**



**CERTIFICATE IN MENTAL HEALTH BUNDLE (3 CERTIFICATES)**



**COUNSELLING ADVANCED CERTIFICATE**



**COUNSELLING CAREER SAMPLER**



**INTRODUCTION TO RELATIONSHIP COUNSELLING CERTIFICATE**

# Course Bundles and Certificate Courses Breakdown

*Exactly which Micro-Credential (topics) have been used in each Course Bundle or Certificate.*

## COUNSELLING COURSE BUNDLE (3 CERTIFICATES)

Work Effectively In The Community Sector

Provide Behaviour Support In The Context Of Individualised Plans

Work Effectively With Culturally Diverse Clients & Co-Workers

Support Individual Health & Emotional Well-Being

Establish and Confirm Counselling Relationship

Apply Specialist Interpersonal And Counselling Interview Skills

Apply Personality And Development Theories

Apply Learning Theories In Counselling

Determine Suitability Of Client For Counselling Services

Introduction to Relationship Counselling

### **This bundle includes these courses:**

Counselling Career Sampler

Advanced Certificate in Counselling

Relationship Counselling

BONUS: Mental Health - Celebrity Mentor Series

## COUNSELLING ADVANCED CERTIFICATE

Work Effectively In The Community Sector

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## COUNSELLING CAREER SAMPLER

Establish and Confirm Counselling Relationship

Apply Specialist Interpersonal And Counselling Interview Skills

Apply Personality And Development Theories

Apply Learning Theories In Counselling

Determine Suitability Of Client For Counselling Services

# CERTIFICATE IN MENTAL HEALTH BUNDLE (3 CERTIFICATES)

## Course 1: Children & Adolescent Mental Health

Nature and Scope of Mental Health

Mental and Physical Health Disorders: Infancy to Adolescents

Lifestyle and Nutrition Children to Adolescents

Social and Environmental Concerns: Children and Adolescents

Emotional Wellbeing in Children and Adolescents

Psychological Health Concerns: Children and Adolescents

Holistic Health and Well-being: Children and Adolescents

An Approach to Mental Well-being and Recovery

Building Resilience for Mental Well-being

Mental Wellbeing Support Services for Children and Adolescents

An insight into understanding mental health (An interview with Matt Green - Mental Health Specialist)

## Course 2: Mental Health in Adults

An Introduction to Adult Mental Health

Psychiatric Problems Affecting Adults

Complex Disorders and Neurological Illnesses

Social Psychology and Mental Illness

Mood Disorders and Emotional Wellbeing

Holistic Health and Wellness

Recovery - Focused Care

Learning Resilience in Adulthood

Treatment and Support in Adult Mental Health

## Course 3: Celebrity Mentor Series

Celebrity Mentor Series: Jade Hameister - Dealing with Bullies

Celebrity Mentor Series: Jade Hameister - Mental Strength

Celebrity Mentor Series: Jade Hameister - Self Motivating

Celebrity Mentor Series: Wayne Schwass - Introduction to Mental Health (Own Your Story)

Celebrity Mentor Series: Wayne Schwass - Emotional Connection

Celebrity Mentor Series: Wayne Schwass - Holistic Mental Health for Families

Celebrity Mentor Series: Wayne Schwass - Hopes and Fears

Celebrity Mentor Series: Wayne Schwass - Introduction to Child and Adolescent Mental Health

Celebrity Mentor Series: Wayne Schwass - Mental Health Toolbox

Celebrity Mentor Series: Wayne Schwass - Practical Tips on Helping People

Celebrity Mentor Series: Wayne Schwass - Wellbeing Champions

Celebrity Mentor Series: Dr Golly - Mental Health During Pregnancy

Celebrity Mentor Series: Dr Golly - Post Natal Depression

Celebrity Mentor Series: Dr Golly - Seeking Help

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Back Welcome to your Learning Lounge My Courses and Learning Plans Certicate in Mental Health - Demo

Certificate in Mental Health - Demo  
ID: E-POW9X0  
15 / 125 lessons completed

PREVIOUS NEXT

- Welcome to your Course! Lesson
- Mental Health Awareness SCORM
- Industry Mentor Series Matthew Green - Introduction Vimeo video
- Industry Mentor Series (Matt Green): Introduction to Mental Health Vimeo video
- Industry Mentor Series: Mental Health - What are we doing to overcome stigma? Vimeo video
- Industry Mentor: Introduction to Miranda Leeden Vimeo video

Mentor Series: Understanding Nutrition for Mental Health (Lifestyle & Nutrition)

Help

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PREVIOUS NEXT

Vimeo video

Introduction Child and Adolescent Mental Health 4 / 8

- Industry Mentor Series (MH) - Nurturing a Child's Development Vimeo video
- Industry Mentor: Mental Health - Signs and symptoms of abuse Vimeo video

Child and Adolescent Mental Health Slides

Child and Adolescent Mental Health File download

**Strategies for Emotional Wellbeing and Resilience Work**  
*Acceptance and Commitment Therapy (ACT)*

Acceptance and Commitment Therapy (ACT) is a model for both therapy and coaching; a type of cognitive behavioural therapy based on the innovative use of mindfulness and values. The aim of ACT is to maximise human potential for a rich, full and meaningful life; to cultivate health, vitality and wellbeing through mindful values-based living.

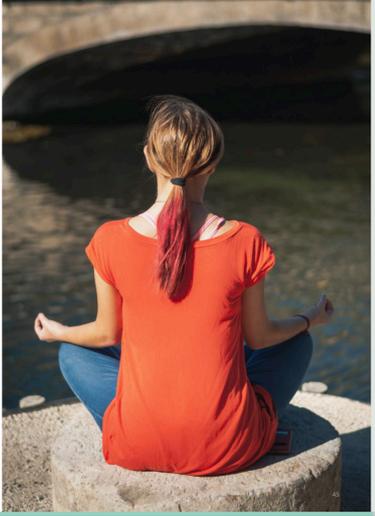
By teaching people' psychological skills to deal with painful thoughts and feelings, in a way that they have much less impact and influence over the person (known as mindfulness skills). While helping a person to clarify what is truly important and meaningful to them (values) and using that knowledge to guide, inspire and motivate people to change their life for the better.

**Mindfulness Meditation**

Another useful strategy to promote a healthy mind is Mindfulness Meditation. The aim of this is to build skills in slowing down the 'chatter' in the mind and becoming aware of the present moment. Many people spend their lives racing ahead to what is next and not really appreciating what is occurring at the moment.

It is argued that most people only spend about 50% in the present moment and the rest of the time is worrying about things in the past or focusing on what is coming next.

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PREVIOUS NEXT

Welcome to your Course!  
Lesson

Mental Health Awareness  
SCORM

Industry Mentor Series Matthew Green - Introduction  
Vimeo video

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Vimeo video

Industry Mentor: Introduction to Miranda Leeden  
Vimeo video

Mentor Series Matthew Green - Introduction

Help

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PREVIOUS NEXT

Mental and Physical Health Disorders - Assignment (Submit Here)  
Assignment

Lifestyle and Nutrition Children to Adolescents 0 / 16

Social and Environmental Concerns: Children and Adolescents 1 / 6

Emotional Wellbeing in Children and Adolescents 1 / 7

Psychological Health Concerns: Children and Adolescents 0 / 6

Holistic Health and Well-being: Children and Adolescents 1 / 7

An Approach to Mental Well-being and Recovery 0 / 8

Mental and Physical Health Disorders of Infancy and Childhood

Help

A child should be referred to a GP if there is concern over the tics or for information and advice. Refer to your GP if the tics:

- Are a regular occurrence
- If they become more frequent
- If they are serious
- If you experience social or emotional problems
- They cause pain
- They impact daily functioning
- Your mood changes
- You start to self-harm

One of the best things you can do is to make a recording of the tic in action to show a GP.

Although, that said, a GP will be able to diagnose from the description of what is happening too. Once a tic disorder has been diagnosed, treatment for tics vary. Some tics do not need to be treated if they are mild and not causing any problems.

For the majority of tics, self-help techniques can be helpful. However, for young people, the social impact can be notoriously difficult to navigate. This is especially so for children with severe tics that are affecting daily functioning.

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Back Welcome to your Learning Lounge My Courses and Learning Plans Certificate in Mental Health - Demo

**Instructions**  
Please read and follow all of the relevant assignment instructions. When you have completed all of the assignment tasks, upload your documents here.

Drop your file here or browse

Record your Screen. **Start Recording**

Alternatively, you can submit a YouTube/Vimeo video link

Paste your link here

Introduction Child and Adolescent Mental Health - Assignment (Submit Here)

**Certificate in Mental Health - Demo**  
ID: E-POW9X0  
15 / 125 lessons completed

PREVIOUS NEXT

- Health - Assignment (Tasks) File download
- Introduction Child and Adolescent Mental Health - Assignment (Answer Sheet) File download
- Introduction Child and Adolescent Mental Health - Assignment (Submit Here) Assignment
- Mental and Physical Health Disorders of Infancy and Childhood 0 / 6
- Lifestyle and Nutrition Children to Adolescents 0 / 16
- Social and Environmental Concerns: Children and Adolescents 1 / 6
- Emotional Wellbeing in Children and Adolescents 1 / 7

Child and Adolescent Mental Health

You must answer all questions to proceed with the test

Single choice

3) What is the most common mental condition in children and young people

- Depression
- Attention Deficit Hyperactivity Disorder
- Anxiety
- Bi Polar Disorder

Page 3 of 10

SAVE TEST, YOU CAN RESUME LATER PREVIOUS PAGE NEXT PAGE

# *What next?*

*Please contact to arrange a meeting  
for further discussions.*

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