COURSE TITLE:
MENTAL HEALTH AWARENESS

MODULE	MODULE NAME	OBJECTIVE
1	Introduction to Mental Health Awareness	To introduce the meaning of mental health, explain the difference between mental health and mental illness, & highlight why awareness is essential for care workers.
2	Types of Mental Health Conditions	To provide an overview of the most commonly experienced mental health conditions, explain their impact on individuals, and show why understanding them supports effective care.
3	Recognising the Early Signs and Symptoms	To explain how to identify early indicators of mental health conditions through emotional, behavioural, & physical changes, & why early recognition is vital in care.
4	Importance of Early Identification of Mental Health Conditions	To explain why recognising mental health conditions at an early-stage matters, showing how it brings clarity, supports planning, enables early treatment, & connects individuals to the right resources.
5	Mistaking Conditions of Different Mental Health Conditions	To explain how symptoms of mental health conditions can overlap with each other or with physical conditions, and highlight the importance of accurate recognition to avoid misdiagnosis.
6	Care and Support for Individuals	To explain the importance of providing appropriate support for individuals with mental health conditions, focusing on approaches that respect personal needs, values, and recovery.