SINGAPORE RED CROSS ACADEMY

MENTAL HEALTH
LITERACY

An essential course to help individuals understand mental health, reduce stigma, and support others in distress through practical strategies, local insights, and hands-on learning for a more inclusive and mentally healthy community

COURSE DETAILS

🕐 8 hrs
💲 S$200/pax
🌐 Minimum 10 to maximum 30 learners
📠 Available in Physical and Online Format

JOIN NOW

Contact Details
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LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Differentiate between mental health states and disorders
- Identify common mental health disorders, including symptoms, risk factors, and treatments
- Use empathetic communication and active listening to support those in mental distress.
- Utilize resources for various mental health needs

COURSE STRUCTURE

01 Foundations of Mental Health and Well-Being
Understanding mental health states vs. disorders, managing stress, and promoting well-being

02 Recognizing Common Mental Health Disorders
In-depth look at schizophrenia, depression, bipolar disorder, and anxiety, including symptoms, risks, and treatments

03 Communicating with Empathy and Support
Understand between empathy and sympathy, active listening techniques, and supportive responses for those in distress

04 Navigating Support Systems and Resources
Overview of national and community-based resources available for different life challenges