

# E-LEARNING PACKAGE

Mental Health and Well-being



## Mental Health & Well-Being Essentials Bundle

Support your team with the knowledge and confidence to make a real difference. This e-learning bundle has been carefully curated for professionals working in care, health and support roles. Covering key mental health conditions, emotional resilience, effective communication, and safeguarding, it's the perfect foundation for anyone supporting the well-being of others.

### Some of our most popular courses

- What is Meant by Mental Health
- Understanding Depression
- Understanding Anxiety
- Understanding Eating Disorders
- Understanding ADHD
- Creating Healthy Relationships Through Talk
- Effective Communication for People with Learning Disabilities & Autistic People
- Understanding Stress
- Stress Management
- Developing Personal Confidence and Self-Awareness
- Safeguarding Adults and Children
- The Prevent Duty
- Cultural Diversity and Responses to Mental Health

### Prices and bundle packages

Package	Annual Price	Staff Coverage	Offer
Essential	£1,750	Up to 20 staff	Self-managed access to CPD course library
Professional Plus	£2,500	Up to 25 staff	Human-reviewed monthly reports • No admin required
Compliance Concierge	£4,500	Up to 40 staff	Weekly reporting • LMS managed • Dedicated liaison
Enterprise Concierge	£7,500+	50+ staff / multi-site	Fully managed CPD • Strategic oversight • Quarterly reviews