

E-LEARNING PACKAGE

Mental Health and Well-being



Mental Health and Well-being Packages

Mental Health Awareness and Support Package

Level: Elite Bundle (11 courses)

Put well-being at the heart of your workplace. Cover mental health awareness, anxiety, stress, depression, eating disorders, suicide prevention, ADHD, and inclusive support strategies for neurodiverse individuals.

- Mental Health Awareness
- Understanding Stress
- Understanding Anxiety
- Understanding Depression
- Suicide Awareness and Prevention
- Understanding Eating Disorders
- Understanding Attention Deficit Hyperactivity Disorder (ADHD)
- Cultural Diversity and Responses to Mental Health
- Creating Inclusive Spaces and Support for People with Learning Disabilities and Autistic People
- Developing Positive Social Communication Skills
- Creating Healthy Relationships Through Talk

Prices and bundle packages

| Number of learners | Bundle Options | | | |
|--------------------|------------------------|-------------------------------|-----------------------------|------------------------------|
| | Essential | Enhanced | Expert | Elite |
| | One course per learner | Up to two courses per learner | Up to 5 courses per learner | Up to 11 courses per learner |
| 1-99 | £30 | £50 | £59 | £79 |
| 100 | £27 | £40 | £50 | £70 |
| 200 | £22 | £34 | £45 | £50 |
| 300 | £20 | £31 | £40 | £45 |
| 400 | £16 | £25 | £34 | £40 |
| 500 | £14 | £22 | £31 | £36 |
| 750 | £13 | £20 | £25 | £32 |
| 1000 | £11 | £18 | £22 | £25 |