

Introduction to Mental Health

Overview

The course aims to introduce you to key mental health concepts. It will introduce you the primary mental health diagnoses using the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-5-TR) and International Classification of Diseases 11th Revision (ICD-11) and introduce you to the key components of mental health treatment. This course is perfect for those who require a broad knowledge of mental health conditions.

This course covers theories of mental health diagnosis and introduces you to key features of a range of mental health conditions including Depressive disorders, Bipolar Disorders, Anxiety disorders, Obsessive-Compulsive and other disorders, Schizophrenia Spectrum and Other Psychotic Disorders, Trauma- and Stressor related Disorders, Feeding and Eating Disorders, Neurodevelopmental Disorders (eg ADHD and Autism Spectrum Disorder) and other conditions.

This 6-week course will assist you in being able to identify people who may be experiencing a mental health condition and provide resources to enable you to engage in appropriate referral pathways.

Feedback and support are offered to each student to assist you in achieve the course outcomes.

Course components

- Learn how mental health diagnoses are made, including the use of diagnostic assessment tools.
- Identify key symptoms associated with the most common mental health conditions.
- Understand the main treatment options for a range of mental health conditions.
- Obtain knowledge of the appropriate referral pathways to assist in gaining access to appropriate treatment and care.

Outcomes

- Understand key features and symptoms of a range of mental health conditions and how they are treated.
- Identify resources to enable you to engage in appropriate referral pathways for those living with a mental health condition.

Pre-requisites

Nil

Delivery mode

Zoom mode

6.30pm–7pm (1.5 hr sessions run over 6 weeks)

Please put your name on the waitlist course commencement dates for 2025

Block face to face teaching mode

10am to 4pm over 2 x Saturday sessions (5 ½ to 6 hours per day)

10am to 4pm Saturday/Sunday session intensive mode (5 ½ to 6 hours per day).

Please put your name on the waitlist course commencement dates for 2025

Course materials and assessment

Course materials will be provided to students upon enrolment. Students are required to submit an assessment task at course completion to demonstrate the learning outcomes. Details of the assessment task will be provided upon enrolment.

Certificate

A certificate of successful completion is issued to all students who successfully pass the assessment. A certificate of attendance is issued to students who attend but do not pass or submit the assessment.

Time commitment

Zoom delivery

Students should allow for 2.5 to 3 hours per week to engage with the program and content. This includes the weekly zoom session (1.5 hours) and preparation/reading/video content (1 to 1.5 hrs) per week.

Face to face delivery

Students should allow around 5 ½ to 6 hours over 2 days – around 11 to 12 hours in total. The preparation/reading/video content will be available at enrolment and will be identical to the zoom delivered material.

Both zoom and face to face delivery are identical in content.

Attendance

Weekly attendance is not mandatory for Zoom delivery and a recording is made available for those students who are unable to attend. However, the expectation is that students will aim to attend all Zoom sessions where possible.

For face-to-face block teaching full attendance is expected. Students should note that recordings may not be available for face-to-face block teaching.

How to prepare

Please read the material assigned prior to class time. Materials will be provided upon enrolment.

Course Fee

Zoom course fee is \$880 per person including GST. This includes all course materials.

Face to face course fee is \$1,100 per person including GST. This includes all course materials and catering.

Payment

Course fees are payable upon enrolment.

Questions

If you would like to know more about this course, please contact us and we will respond to your enquiry as soon as possible.

See our terms and conditions for information on cancellations for our courses.

Waitlist

Please waitlist now for 2025. Enrolment form and start dates will be sent to you when they are announced.



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