



What is mental health?

Mental health can be thought of by imagining a continuum, moving from poor to good, and we are all on this somewhere.

WHAT WILL YOU LEARN?

- To differentiate between feeling happy and having good mental health.
- To appreciate the effect that good mental health can have on your working life.

CONTENTS:

1. What is mental health?
2. The mental health continuum
3. The black dog of depression
4. Knowledge check
5. Summary

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