



# 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

---

**Delivery:** learningCloud sprint, SCORM, xAPI

**Developed:** Video Arts

**Tematica:** Ethics & Wellbeing

**Nslation\_priority:** Optional

**Duration:** 15 minutes

**License:** annual

**Languages:** es, en