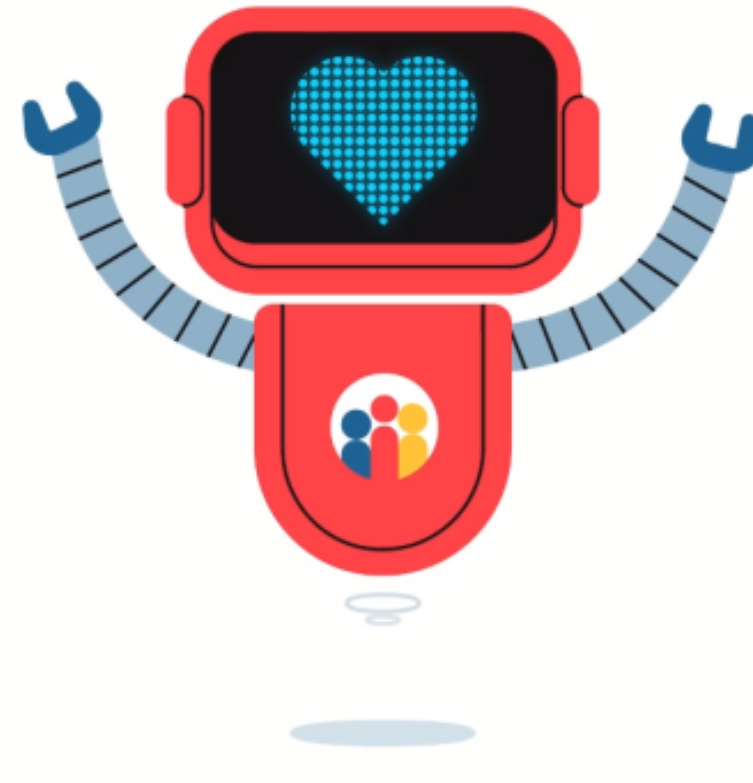


## Free Mental Health Online Courses

Within your account you have free access to online courses that will support your well-being.

The course content is provided by leading well-being experts & then created and provided by The Training Hub for free.

Some of our most popular courses are listed below.



### A

A Healthy Sex Life Adult Well-Being  
Addiction To Prescription Medications Adult Well-Being  
Addictive Behaviours Adult Well-Being  
ADHD And Adults – Adult Well-Being  
Alcohol Awareness Adult Well-Being  
Alcohol Reliance Adult Well-Being  
Animal-Assisted Therapies Adult Well-Being

### B

Baking Adult Well-Being  
Being Active Adult Well-Being  
Being Impulsive Adult Well-Being  
Bereavement And Loss Adult Well-Being  
Bipolar Disorder Adult Well-Being  
Body Confidence Adult Well-Being  
Building A Healthy Social Life Adult Well-Being  
Building On Strengths Adult Well-Being

### C

Children And Domestic Abuse Advanced Level Adult Well-being  
Cognitive Behavioural Therapy Adult Well-Being  
Complementary And Alternative Therapies Adult Well-Being  
Complementary Therapies – Acupuncture Adult Well-Being  
Complementary Therapies – Aromatherapy Adult Well-Being  
Complementary Therapies – Massage Adult Well-Being  
Complementary Therapies – Yoga Adult Well-Being  
Connections Adult Well-Being  
Coping Strategies Adult Well-Being  
Couch To 5K Adult Well-Being  
Counselling Adult Well-Being  
Creative Writing Adult Well-Being

### D

Dealing With A Relationship Breakdowns Adult Well-Being  
Dealing With Trauma Adult Well-Being  
Debt Management Adult Well-Being  
Depression Adult Well-Being  
Depression And Suicide Adult Well-Being  
Dialectical Behaviour Therapy Adult Well-Being  
Drugs And Alcohol Awareness Adult Well-being  
Dry January Adult Well-Being

### E

Effective Home Working Adult Well-Being  
Effective Home Working Specialist

### F

First Aid Refresher Adult Well-Being

### G

Gangs And County Lines Adult Well-Being

### H

Health And Nutrition Adult Well-Being  
Hoarding Adult Well-Being  
Hobbies And Their Importance Adult Well-Being  
Holistic Therapies Adult Well-Being  
How To Deal With Knife Wounds Adult Well-Being  
How To Lose Weight The Healthy Way Adult Well-Being

### I

Improving Your Mental Health Adult Well-Being  
Isolation Adult Well-Being  
Isolation Specialist

### K

Knife Crime Prevention Adult Well-Being

### L

Learning New Skills Adult Well-Being  
Learning Together – Early Years And Infants (Key Stage 1) Specialist  
Learning Together – Junior (Key Stage 2) Specialist  
Learning Together – Lower Secondary Learning (Key Stage 3) Specialist  
Learning Together – Upper Secondary Learning (Key Stage 4 And Key Stage 5) Specialist  
Loneliness And Isolation Adult Well-Being

### M

Meeting New People Adult Well-Being  
Men In Sheds Adult Well-Being  
Mental Health Adult Well-Being  
Mental Health At Work Adult Well-Being  
Mental Health Stigma And Discrimination Adult Well-Being  
Mind, Body, Spirit Adult Well-Being  
Mindfulness Adult Well-Being  
Motivation Adult Well-Being

### O

Obsessive Compulsive Disorder (OCD) Adult Well-Being

### P

Parkrun Adult Well-Being  
People Skills Adult Well-Being  
Personal Protective Equipment (PPE) Adult Well-Being  
Personal Protective Equipment (PPE) Specialist  
Personality Disorders Adult Well-Being  
Positive Identity And Self-Esteem Adult Well-Being  
Post-Traumatic Stress Disorder (PTSD) Adult Well-Being  
Putting Yourself First Adult Well-Being

### R

Recycling Adult Well-Being  
Reflective Practice Adult Well-Being

### S

Sexual Health Adult Well-Being  
Supporting Adults At Risk Of Domestic Abuse And Violence Female Victim Intimate Partner Abuse Adult Well-Being  
Supporting Adults At Risk Of Domestic Abuse And Violence Inter Family Adult Well-Being  
Supporting Adults At Risk Of Domestic Abuse And Violence LGBTQ Adult Well-Being  
Supporting Adults At Risk Of Domestic Abuse And Violence Male Victim Adult Well-Being

### T

The Importance Of Exercise Adult Well-Being  
The Importance Of Sleep Adult Well-Being  
The Importance Of Time Out Adult Well-Being

### U

Understanding Depression And Suicide Adult Well-Being  
Understanding Depression And Suicide For Men Adult Well-Being  
Understanding Depression And Suicide In Men Adult Well-Being  
Understanding Depression And Suicide In Women Adult Well-Being  
Understanding Depression And Suicide Specialist