



# Mental Health Literacy

## About:

To equip adults with the knowledge and skills to understand, identify, and manage mental health issues in themselves and others.

## Module 1: Understanding and Achieving Positive Mental Health

- Differentiate between a mental health state and mental health disorder
- Common symptoms and causes of stress
- Maslow's Hierarchy of Needs and its connection to mental well-being
- Recognize the negative impact of mental health stigma.

## Module 2: Understanding Common Mental Health Disorders

- Functions of the human brain and how they relate to mental health.
- Signs and symptoms of common mental health disorders

## Module 3: How to Communicate with Persons with Mental Health Distress

- Importance of empathy
- Demonstrate active listening

## Module 4: Resources: where to seek help

- Types of mental health services and navigating the mental health system
- Building a support network and self-help resources and online tools

Duration: 8 hours

Group size: 10 to 25 persons

Cost: \$200 per person (before GST)

Mode of delivery: On-site

Pre-requisites

- 16 years old and above

Sign up now



Visit [redcross.sg/pss](https://redcross.sg/pss) or email  
[academy@redcross.sg](mailto:academy@redcross.sg)