Certificate of Completion

THIS CERTIFIES THAT

CALEB FELLOWES

has participated in the following education session:

Workplace Mental Health Awareness

Presenter The Nursing CPD Institute

In this session, you will:
• Acquire knowledge of workplace mental health stressors
• Gain an understanding of mental health in the workplace
• Explore the various protective factors in the workplace and how these can have a positive impact on ones mental health
• Examine ways of looking after ones mental health

Completed on

21 April 2019 (duration of 1 hour/s)

This equates to 1 CPD Hour/s (Continuing Professional Development)

REFLECTION:

This webinar aims to increase participants' awareness and understanding of depression and anxiety including understanding mental health risk and protective factors in the workplace, strategies to look after yourself and information on support and resources available.

Cheryl Dezotti
Director of the Nursing CPD Institute

Certificate #263466 issued by the
Nursing CPD Institute
ABN 56 116 470 716