



iAm AWARE

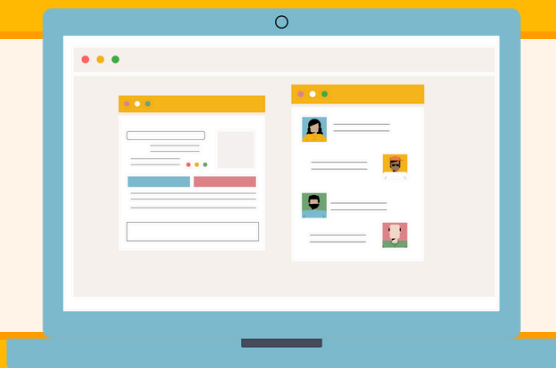
online wellbeing learning hub

An e-learning platform to improve employee wellbeing

iAmAWARE is a workplace wellbeing initiative developed by AWARE NI, the depression charity for Northern Ireland, in partnership with Queen's University.

This interactive e-learning programme teaches attendees the key concepts around mental health and how to look after their wellbeing.

iAmAWARE uses evidence-based tools to promote mental wellbeing and teaches users to manage emotions and build personal resilience.



The programme contains a selection of learning modules which can be accessed individually or as part of a combined package. It also offers tailored modules for managers who wish to develop their skills in providing mental health support to their employees.

MODULES

- 1 Introduction to Mental Health**
- 2 Supporting Employee Wellbeing**
- 3 Mindfulness in the Workplace**
- 4 Stress Management**

Modules range from 30 minutes to 1-2 hours, and the total package consists of 6 hours of training.



For more information, please email training@aware-ni.org

AWARE NI is the Depression Charity for Northern Ireland
AWARE-NI.ORG 

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