



WHO QualityRights e-training on Mental Health, Recovery and Community Inclusion

Join over 100,000 learners on this innovative online course and
earn an official certificate from the World Health Organization!

This training will help you:

- Understand and improve your own mental health and wellbeing
- Learn how to support friends, family & members of the community who experience mental health difficulties
- Gain the knowledge and skills to tackle stigma, discrimination, abuses & coercive practices
- Learn how to provide mental health support to people with a mental health condition or experiencing a crisis
- Learn how to actively engage people in their own treatment, care and support plan, providing tools & empowering them to overcome challenges
- Gain valuable expertise & skills to lead reform towards a person-centred, rights-based, recovery approach

Sign-up FOR FREE at

who.int/teams/mental-health-and-substance-use/policy-law-rights/qr-e-training

This training is for everyone:

Persons with lived experience, the health & social care workforce, first responders, members of the justice system (for ex. police officers, prison officers, judges), teachers, family or community members, policy makers, employees of government, private and not-for-profit sectors.

