



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

Join over 60.000 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 as they recover from a physical health or mental health condition or crisis
- Learn how to actively involve people in their own treatment & care, providing tools & empowering them to overcome physical & mental health challenges
- Gain valuable expertise & skills to transform your service towards a person-centred, rights-based, recovery approach

Whether you are a person with lived experience,  
health worker, policy maker, family or community member  
- this training is for you!

**Sign-up FOR FREE at**  
[who.int/teams/mental-health-and-substance-use/policy-law-rights/qr-e-training](https://who.int/teams/mental-health-and-substance-use/policy-law-rights/qr-e-training)