



World Health
Organization



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