



MY HEALTH
LEARNING

Mental illness, mental health and mental wellbeing: do words matter?

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Mental illness, mental distress, mental health and mental wellbeing may be familiar concepts, but people can have different ideas about what they mean. Explore the differences and similarities and discover why words matter in this interactive and engaging module.

The Mental Health Module explores the differences and similarities between the four concepts of mental health, mental illness, mental wellbeing and mental distress. This interactive module not only provides the opportunity to challenge one's own beliefs and assumptions and compare these ideas with others in the community, it provides the opportunity to hear insights from experts on their perspective of these concepts.



**This module is an engaging
30 minute self-directed learning experience.**

Search for **Mental illness, mental distress,**

mental health and mental wellbeing: do words matter?

Course Code: 324674383



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EDUCATION
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