FREE ONLINE MENTAL HEALTH COURSES
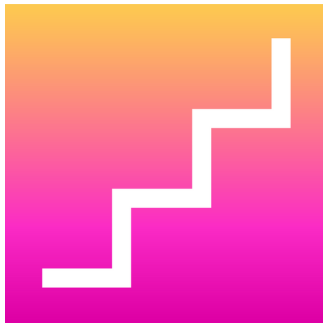
FUTURELEARN.COM

Psychology & Mental Health Courses for individuals looking to improve their own mental wellbeing as well as increasing awareness of complex mental health issues.

ALISON.COM

Mental health training courses that teach you how to deal with stress and help you learn about how to manage and deal with mental health issues.

EDX.COM

Courses in a variety of mental health fields provided by some of the top universities and institutions around the world.

COURSERA.COM

Learn about managing mental health and how to provide assistance to those in need of help. Courses range from beginner to advanced.