



World Health Organization QualityRights e-training on Mental Health

Join over 10,000 community members in an innovative online course and earn an official certificate from the World Health Organization!

By doing this training you will:

- Promote mental health and wellbeing
- Understand and fulfill human rights and support recovery
- Learn to support friends, family and members of the community with mental health conditions
- Support independent living and community inclusion
- Gain the knowledge and skills to promote human rights and help tackle stigma, abuses and coercion experienced by people with mental health conditions, psychosocial, intellectual and cognitive disabilities
- Gain valuable expertise and skills to help transform services towards promoting human rights and implementing a person-centered, 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:

<https://bit.ly/JoinQRKenya>

Act, unite & empower for mental health