



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:

- improve your own mental health
- learn how to support friends, family and members of the community who experience mental health problems
- gain the knowledge and skills to tackle stigma, abuses and coercion experienced by people with mental health conditions or psychosocial disabilities
- gain valuable expertise and skills to help transform services towards a person-centered, 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

<https://www.who.int/teams/mental-health-and-substance-use/policy-law-rights/qr-e-training>