

Understand Why People Get Burned Out and Stressed By the Daily Grind with a Free Course at ALISON

/EINPresswire.com/ Better understand the inner workings of a stressed and burnout mind with Alison's newest [free online course](#). ALISON is a UNESCO award-winning educator with two million registered learners worldwide.

ALISON.com has today announced the launch of its latest free online course, [Mental Health Studies](#) – Understanding Behaviour, Burnout and [Depression](#), aimed at healthcare professionals, healthcare students and anyone who would like a greater understanding of mental health issues.

Mental health has become a hugely topical subject in recent years with the growth in campaigns worldwide aimed at combating negative attitudes and the stigma associated with the condition; May is Mental Health Awareness Month in the United States, while May 13 to 19 is dedicated to Mental Health Awareness Week in the United Kingdom. This is an intriguing and useful course for anyone with an interest in or working in the field of mental health.

Commenting on the launch ALISON CEO & Founder, Mike Feerick, stated that, "Mental health issues have become such a global concern in recent years and much work has been done to tackle the stigma attached to these illnesses. Modern problems like 'burnout' have opened up a whole new field for mental health professionals and the team at ALISON are pleased to be able to contribute to the work in tackling this issue with the launch of this free course."

The latest in our Health Literacy titles, this course aims to enhance learners' understanding of diverse human behaviour traits, as well as explaining the impact of burnout and depression on the patient's health and wellbeing.

Mental Health Studies – Behaviour, Burnout and Depression, through Alison.com, is an equivalent standard to FETAC Level 5 and QCF (UK) Level 3.

ABOUT ALISON (Advance Learning Interactive Systems Online)

ALISON.com is revolutionizing global education and training through the provision of free interactive multimedia basic education and workplace skills training courses with certification online. With two million registered learners and 300,000 graduates worldwide, courses on

ALISON are freely available from well-known multinational organisations to individual subject-matter-experts. Irish-based ALISON was founded in 2007 as a for-profit social enterprise. ALISON stands for "Advance Learning Interactive Systems Online."

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