

Statement of participation

Luca Vomiero

has passed the free course including all mandatory tests for:

Supporting adult learners' positive mental health

This free 24-hour course explored the impact of mental health on learning and a variety of strategies in response.

Issue date: 14 July 2026



www.open.edu/openlearn

This statement does not imply the award of credit points nor the conferment of a University Qualification.
This statement confirms that this free course and all mandatory tests were passed by the learner.

Please go to the course on OpenLearn for full details:

<https://www.open.edu/openlearn/education-development/supporting-adult-learners-positive-mental-health/content-section-overview>

COURSE CODE: **PMH_1**



Supporting adult learners' positive mental health

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Course summary

This free course provides educators with an introduction to adult learners' mental health. The course is designed to develop understanding of the impact mental health has on learning, as well as to explore the variety of strategies that can be employed to support adult learners experiencing a range of mental health related challenges.

Learning outcomes

By completing this course, the learner should be able to:

- recognise barriers to learning which can occur as a result of adult learners' poor mental health
- identify stigmatised behaviours and common misconceptions about adult learners' mental health and develop skills which equip educators to reduce stigma in educational practice
- recognise the signs of adult learners' poor mental health and apply appropriate methods to engage in discussions about their mental health, including signposting to relevant support
- encourage adult learners to use appropriate coping strategies which support positive wellbeing and mental health
- create self-care strategies and skills which support personal positive wellbeing.

Completed study

The learner has completed the following:

Week 1

Common mental health challenges and signals displayed by adult learners

Week 2

The relationship between mental health and adult learning

Week 3

Communication and conversations about mental health

Week 4

Accessing and providing the right support at the right time for your learners

Compulsory badge quiz (score 93%)

Week 5

Overcoming stigma associated with mental health

Week 6

Social and cultural dimensions of mental health in learning environments

Week 7

Promoting wellbeing and building resilience

Week 8

Educators' self-care strategies

Compulsory badge quiz (score 91%)