

Statement of participation

Muhammad Farid Wajdi Makkulau

has completed the free course including any mandatory tests for:

Work and mental health

This free 6-hour course looks at some of the ways employment affects mental health and what can be done to support people in finding and keeping work.

Issue date: 10 September 2025



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/health-sports-psychology/health/work-and-mental-health/content-section-0>

COURSE CODE: **K240_1**

Work and mental health

<https://www.open.edu/openlearn/health-sports-psychology/health/work-and-mental-health/content-section-0>

Course summary

Although being at work during periods of mental illness can be difficult for those with mental health problems, most people with these difficulties could take paid employment if it were not for numerous barriers in the workplace and the wider community (Centre for Mental Health, 2013). In this free course, Work and mental health, you will look at some of the ways in which employment affects mental health and what can be done to support people in finding and keeping work.

Learning outcomes

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

- explain how the experience of mental health problems affect, and are affected by, employment
- understand how the recovery model can be used to support people with mental problems to return to work
- explain what can be done to reduce the barriers to employment for people with mental health problems.

Completed study

The learner has completed the following:

Section 1

Rewards and challenges

Section 2

Employment and mental health problems

Section 3

Employment and recovery

Section 4

Finding and keeping paid work

Section 5

A vision for employment support