



# FREE ONLINE COURSES!

[HealthKnowledge.org](https://www.healthknowledge.org) offers high-quality, on-demand, or instructor-led courses that are open to the public. The goals of our free online courses are to:

- Expedite the adoption and implementation of evidence-based practices for mental health prevention, treatment, and recovery services
- Increase awareness, knowledge, and skills of the mental health workforce
- Provide free, accessible training and technical assistance

Unfamiliar with HealthKnowledge? Here's a [how-to guide](#) to help you set up your account.

## GENERAL MENTAL HEALTH

- [Basics of Coordinated Specialty Care for Early Psychosis \(5 hours\)](#)
- [Behavioral Health and Substance Use Awareness in the Workplace \(1.5 hours\)](#)
- [Cognitive Behavioral Therapy for Psychosis E-Primer \(3 hours\)](#)
- [Empowering Wellness in Mental Health: Helping People With Their Lifestyle Changes \(1 hour\)](#)
- [Illness Management and Recovery \(3 hours\)](#)
- [Integrated Pediatric Primary Care: A Primer Series - Adolescent Depression \(1 hour\)](#)
- [Integrated Pediatric Primary Care: A Primer Series - Obsessive-Compulsive Disorder \(1 hour\)](#)
- [Introduction to Assertive Community Treatment \(ACT; 2 hours\)](#)
- [Introduction to Psychiatric Rehabilitation \(0.75 hours\)](#)
- [New Employees in Mental Health Services - A Training Series \(6 hours\)](#)
- [Religion, Spirituality, & Mental Health \(1.5 hours\)](#)
- [STRIDE Group Facilitator Training \(5 hours\)](#)
- [Supported Employment \(3.75 hours\)](#)
- [Trauma-Informed Care Basics \(3 hours\)](#)
- [The Psychiatrist's Guide to Population Management of Diabetes: Increasing Psychiatric Provider Knowledge \(3 hours\)](#)
- [Violence Risk Assessment & Management: What Every Mental Health Professional Needs to Know \(3 hours\)](#)
- [Wellness Matters: Self-Care for Mental Health Providers \(3 hours, CE available\)](#)

## SCHOOL MENTAL HEALTH

- [Building Capacity of School Personnel to Promote Positive Mental Health in Children and Youth \(6 hours\)](#)
- [Classroom WISE \(5 hours\)](#)
- [Classroom WISE for Maryland Educators \(1 hour\)](#)
- [Classroom WISE for Oregon Educators \(1-6 hours\)](#)
- [Cultivating Compassionate School Communities that Respond to Trauma Effectively \(12 hours, CE available\)](#)
- [Cultural Inclusiveness and Equity \(CIE\) WISE \(2 hours\)](#)
- [Functional Contextual Thinking and Its Application for School Mental Health \(3 hours\)](#)
- [Strengthening Resilience: Promoting Positive Mental Health Among Indigenous Youth \(7 hours\)](#)
- [Suicide Prevention Across the Educational Continuum: A Five-Part Series \(5 hours, CE available\)](#)