

## Tip sheet

# Leveraging e-learning for mental health

In the past, office technology was limited to slow printers and simple programmes. Today, our work is intertwined with advanced computers and smartphones, all filled with numerous apps, tasks and constant software updates – which can be major stressors and difficult to keep pace with.



Throughout the early stages of life, we dedicate much of our time to learning, growing, and finding our purpose. However, as we get older, carving out time for further education that fosters continued growth can be challenging. This is where technology plays a pivotal role, providing swift access to information when time is limited. Enter e-learning.

## About e-learning

E-learning involves educational experiences facilitated electronically, often through the internet or specific learning platforms, offering immediate access to knowledge. This includes:

- online courses;
- bite-sized learning modules;
- instructional videos;
- resources on social media, YouTube, and LinkedIn Learning.

The flexibility of e-learning allows individuals to learn at their convenience, often in brief, manageable sessions.

## How can e-learning support mental health?

E-learning offers numerous advantages for mental health, such as:

- providing a non-judgemental space for those hesitant to discuss mental health issues;
- allowing access to resources at times that fit personal schedules;
- offering various tools via websites and mobile apps for logging emotions and tracking mental health progress, beneficial for both users and professionals;
- helping individuals in remote areas where mental health services are scarce or unavailable;
- serving as an excellent resource for individuals with severe social anxiety, agoraphobia, or those with caregiving responsibilities that limit their ability to leave home.

## Does e-learning make a difference?

E-learning is widely regarded as highly beneficial when supplemented with other methods, such as social learning, periodic refreshers, messaging and role modeling.

At the very least, it's more beneficial than not engaging in learning at all.

While e-learning complements traditional psychological practices, it is not there to replace professional counselling or supervision.

## Vitae's workshops and tip sheets

Vitae offers a range of workshops and tip sheets focused on supporting and developing wellbeing. Our workshops are delivered by experienced facilitators to employees, teams and organisations, and can be adapted to 1-hour, 1.5 hour or 2-hour workshops.

Examples of workshop topics include:

- communication;
- stress;
- conflict;
- change and uncertainty;
- respect;
- outlining Te Whare Tapa Whā as a model of health.

Content can be adapted to meet the specific needs of your organisation. These workshops can be delivered either online or in person.

**Please contact [workshops@vitae.co.nz](mailto:workshops@vitae.co.nz) with any questions.**



Whether it's through Vitae's workshops programme, directly through your workplace or a third-party educational institute, introducing e-learning within your organisation can provide convenient and measurable learning opportunities that significantly improve your team's mental wellbeing.

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