



## Free, self-directed online courses for service providers supporting older adults

### Supporting the mental health of older adults in care

**Audience:** Staff and service providers working in long-term care and retirement homes.

**Description:** This online course provides an overview of mental health and mental illness in older adults, including their prevalence in the older adult population and factors specific to older, diverse populations.

**Link:** [eenet.ca/LTC](https://eenet.ca/LTC)

### Aging and mental health: A primer on health equity, diversity and anti-racism

**Audience:** Service providers working with older adults.

**Description:** This online course is designed to increase awareness of the social and structural factors influencing the mental health of older adults from immigrant, refugee, ethnocultural and racialized (IRER) groups.

**Link:** [eenet.ca/ABR](https://eenet.ca/ABR)

### Questions?

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