



The Learning Hub

The Learning Hub is an online collection of educational resources created by and for staff, students and trainees at King's Health Partners.

[About King's Health Partners Learning Hub](#)

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Selected mental and physical healthcare resources. Click to learn more.



Mind and Body Healthcare

Interactive 30-minute tutorial on how physical and mental health interact. Includes example patient journeys.



Improving Staff Well-being

Opportunities across King's Health Partners to improve individual and team well-being.



Physical and Mental Health in Children and Young People

A 20-minute tutorial on mental and physical health interactions, and working interprofessionally with children and young people.

**SAVE
A LIFE**
IN 30 SECONDS

Brief Advice for Obesity, Smoking and Alcohol Use

Interactive tutorials, self-tests and downloadable apps to help offer brief advice to tackle these key health issues.



Alcohol and Mental and Physical Health

Interactive introduction to alcohol and its impact on physical and mental health. How to detect harmful use and improve outcomes.



Introduction to Anxiety

A 10-minute introduction to recognising when anxiety may be a problem in a person's life. Further interactive modules on assessing, diagnosing and treating disorders.



Depression in Diabetes

A 1-hour module to help professionals working with people with diabetes recognise and treat depression.



Tissue Viability App

This downloadable app introduces how to prevent and manage pressure ulcers (bed sores).



Animated Minds: Perinatal Mental Health Experiences

Five striking animated short films providing insights into people's experiences of perinatal mental health problems.

The Learning Hub welcomes your ideas for new online resources and can help you create or commission the best possible materials to help your team develop and excel.

Please contact khplearninghub@kcl.ac.uk or call **0207 188 7188 x54122** to discuss your ideas.