

Hello All,

Sign up to the Free Training **Smoking & Mental Health: Understanding the IMPACT-** organisations working in a mental health support setting.

Why this training matters

Smoking rates are significantly higher among people with mental health challenges, and tobacco use can worsen symptoms, reduce the effectiveness of medication, and impact recovery. By understanding the links between smoking and mental health, we can:

- Provide more informed and compassionate support to clients
- Improve quit outcomes and overall wellbeing
- Ensure our services align with best practice and national guidance

Next Steps:

What's involved in Signing Up for ASH Scotland eLearning

ASH Scotland hosts its online training on a Moodle based learning platform. To access the Smoking & Mental Health module (and any of the others), you will follow a simple registration process. The e-learning consists of **two modules**, each taking approximately **20–30 minutes**,

1. Create an Account on the ASH Scotland eLearning Platform

To take any course, you'll first need to **create a user account** on their Moodle site -

☞ **ASH Scotland eLearning course list**

[All courses | ASH Scotland eLearning](#)

Once there, click on course (e.g., *Smoking and Mental Health*) and you'll be prompted to:

1. **Create a new account** (if you don't have one).
2. Provide basic details such as:
 - Name
 - Email address
 - Organisation (optional)
 - Password
3. Confirm your account via the email link Moodle sends you.
4. You will also need to get an enrolment key code from your North East Scotland Tobacco Lead - _____

2 Log in to the Platform

After activating your account:

- Go back to the course list
- Log in using your new username and password

3 Enrol in the Course

ASH Scotland's eLearning module is accessible from the course index.

Once logged in:

1. Click into the course (*Smoking and Mental Health*)
2. Select “**Enrol**” or “**Selfenrol**” and use the dedicated Grampian enrolment key code.
3. The course is **free**, so no payment step is required.

4 Complete the Module

The course is **fully self-directed**, meaning:

- You can complete anytime
- You can stop and return later
- Progress is saved automatically under your Moodle login

5 Evaluation

We ask that you complete both the Ash Scotland on – line feedback form and our North East Scotland IMPACT training feedback form –



By completing both the training and evaluation it will help shape the Tobacco and Mental Health groups’ decisions on future delivery of IMPACT training.
Thank you for your support!