

MENTAL HEALTH AWARENESS – TRAINING



DURATION

1/2 Day

COST

£50.00 per person

OBJECTIVE

Attendees will gain:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after their own mental health and maintaining wellbeing
- Confidence to offer support someone in distress or who may be experiencing a mental health issue

TARGET GROUP

Everyone in your organisation, the course is designed to tackle stigma and empower people to access initiatives and supports put in place

PREREQUISITES

Not applicable for this course

EXAMINATION

In House Training Provider Certification

COURSE CONTENTS

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
- Depression
- Anxiety disorders
- Psychosis
- Eating disorders

“Continual Improvement”

- Suicide
- Self-harm
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources



“Continual Improvement”