

Mental Health Awareness Course (4 hours)

Aims of the course

This half-day course is an introductory four-hour session to raise awareness of mental health accredited by Mental Health First Aid (MHFA) England. It's suitable for anyone who wants to gain a better understanding of mental health.

Course content:

The four-hour sessions covers:

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

By completing this course, delegates will:

By completing this course, delegates will have:

- 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
- The confidence to support someone in distress or who may be experiencing a mental health issue

Prerequisites:

None

Assessment:

Everyone who completes the course gets:

- A manual to refer to whenever they need it
- A workbook including a helpful toolkit to support their own mental health
- A certificate of attendance to say they are Mental Health Aware

For further information please contact Adel on 0161 821 1801 or adel@healthperks.co.uk