



Mental Health Awareness Training

Become Mental Health Aware – Half Day programme

This classroom or on-line course raises awareness of mental health. It covers:-

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

The course includes:

- Classroom or live on-line course with a MHFA England qualified instructor
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Number are limited to 12 people per course

Detailed content
What is mental health?
Mental Health Continuum
Factors which affect mental health
Stigma
Stress and stress management
Spotting signs of distress
Mental health conditions: <ul style="list-style-type: none">DepressionAnxiety disordersPsychosisEating disordersSuicideSelf-harm
Recovery
Take 10 Together - starting a supportive conversation
Supporting mental health in the workplace
Useful statistics
Helpful resources

Everyone who completes the course gets:

- A certificate of attendance to say they are Mental Health Aware
- A reference manual
- A workbook including a helpful toolkit to support attendees own mental health

