

LFA057

## Mental Health Awareness

<b>Duration</b>	1/2 day
<b>Target group</b>	Everyone in your organisation, the course is designed to tackle stigma and empower people to access initiatives and supports put in place
<b>Prerequisites</b>	N/A
<b>Objective</b>	<p>Attendees will gain:</p> <ul style="list-style-type: none"><li>An understanding of what mental health is and how to challenge stigma</li><li>A basic knowledge of some common mental health issues</li><li>An introduction to looking after their own mental health and maintaining wellbeing</li><li>Confidence to offer support someone in distress or who may be experiencing a mental health issue</li></ul>
<b>Contents</b>	<ul style="list-style-type: none"><li>What is mental health?</li><li>Mental Health Continuum</li><li>Factors which affect mental health</li><li>Stigma</li><li>Stress and stress management</li><li>Spotting signs of distress</li><li>Mental health conditions:<ul style="list-style-type: none"><li>- Depression</li><li>- Anxiety disorders</li><li>- Psychosis</li><li>- Eating disorders</li><li>- Suicide</li><li>- Self-harm</li></ul></li><li>Recovery</li><li>Take 10 Together - starting a supportive conversation</li><li>Supporting mental health in the workplace</li><li>Useful statistics</li><li>Helpful resources</li></ul>
<b>Exam</b>	<p>Everyone who completes the course gets:</p> <ul style="list-style-type: none"><li>A manual to refer to whenever they need it</li><li>A workbook including a helpful toolkit to support their own mental health</li><li>A certificate of attendance to say they are Mental Health Aware which is accredited by the Mental Health First Aid England organisation</li></ul> <p>This course is delivered at both our training centres in Teesside and Aberdeen, or on customer premises with prior arrangement</p>