

Duration: 1 day

Who should attend: This course is suitable for anyone who wants to gain a better understanding of mental health conditions.

Aims: To raise awareness of mental health, understand and recognise the causes, symptoms and support options for a range of common mental health problems.

By the end of this course, delegates will:

- Understand what is meant by mental health
- Have awareness of how to detect early symptoms of common mental health illnesses in self and others
- Understand ways in which mental health can be managed in the workplace
- Explored ideas for promoting positive mental health and well being

Topics

Mental Health Awareness

- What we mean by mental health and mental distress
- Stigma and discrimination
- Different models of mental health – medical/biological, psychological and social
- Triggers and early warning signs of mental ill health

Mental Health Problems

- Common mental health conditions
- Anxiety, depression, Stress, OCD and Phobias
- Treatment and support
- Less common mental health conditions signs and symptoms
- Psychosis, Bipolar, Personality Disorders
- Alcohol, drugs, and mental health

Building Mental Health Resilience

Developing a mentally healthy workforce

Practical strategies & tools to manage everyday mental wellbeing

Mental Health and Wellbeing Action Plan