



Become Mental Health Aware

This course is available as either an online or face-to-face training session.

This 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 issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Format

- This is a half day course delivered either face-to-face or via online video conferencing
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 16 people per course so that the instructor can keep people safe and supported while they learn

Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are Mental Health Aware accredited by MHFA England
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health

Course structure

Four hour session

- 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