

ADULT (MHFA) MENTAL HEALTH AWARE – HALF DAY COURSE

This introductory online four-hour session raises awareness of mental health and covers:

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

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:
 - 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

Everyone who completes the course receives:

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

This course is delivered via Zoom. Delegates will be required to download Zoom to their laptop/tablet (preferably) or device and have access to a microphone, and camera.

<https://zoom.us/download>

CONTACT DETAILS

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