

MENTAL HEALTH AWARENESS &



THE BIPOLAR LIFT

Understanding Bipolar Disorder

- ✓ What is Mental Health?
- ✓ Causes, effects, symptoms, treatments
- ✓ What is Bipolar Disorder
- ✓ Types of Bipolar, causes and diagnosis

This introductory 3.5 hour tutor led course will cover Mental Health and the different types of Bipolar Disorder, their causes, effects, diagnosis and how it affects those around you.

You will receive a CPD certificate.



Mental Health Awareness

- To be able to understand and recognise signs and symptoms of a person who may be struggling with their Mental Health.
- To be aware of myths & stigmatisation people face.
- To be aware of the most common types of Mental Health issues, and causes.
- To be able to have an awareness of effective coping strategies, know what works and what doesn't.
- To be aware of how Mental Health looks from pre natal to elderly, and recognise signs at each stage of life.
- To be aware of how Mental Health is managed in the workplace, and the legal background that underpins employers legal obligations.

Understanding Bipolar Disorder

- Have an awareness & understanding of what bipolar is.
- Understand type 1 & type 2 bipolar
- Be aware of the signs of bipolar, and effects.
- To have an awareness of the signs of mania & depressive episodes
- To have an awareness of what helps a person including medication & talking therapies
- To be aware of the different types of support available, including online and community based support.
- To be aware of direct and indirect discrimination and negative attitudes towards people.
- Have an awareness of the importance of signposting people to other support services.

**For further information, please call 07534138512 or email us –
support@bipolarlift.org
www.bipolarlift.org**