



Mental Health Awareness

Our Mental Health Awareness course is aimed at providing an awareness of the importance of positive mental health in the workplace. It addresses the stigma to mental health in the workplace and provides a platform for discussion on mental health conditions and how to support colleagues and signpost them for help.

This course is aimed at all levels of employee with the intention of raising awareness, improving understanding and removing the stigma of mental health.

Course Content:

The course will cover the following learning outcomes:

- What mental health is
- The importance of positive mental health
- Social stigma to mental health
- Overview of several mental health conditions
- Signposting for support

Test of knowledge

This course does not include a test as the learning outcomes will be met through group discussions throughout the course.

On successful completion of this course Learners will be issued with a certificate of attendance.

Duration:

½ day & 1 day