



Mental Health Awareness

Duration : 4 hours

Course Overview

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 currently delivered online using Zoom or Teams
- Learning takes place through a mix of presentations, group discussions and workshop activities
- Numbers are limited to 25 people per course so we can keep you safe and supported while you learn

Takeaways

Everyone who completes the course gets:

- 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