Mental health awareness

How aware are you of some of the key issues around mental health? Would you recognise the signs of mental ill health? Would you feel confident supporting someone struggling with mental ill health? Most of us take our mental health for granted, assuming mental ill health is something that happens to others. However, no one is immune. 1 in 4 of us will be diagnosed with a mental illness and considerably more of us will experience undiagnosed symptoms. We are happy to discuss physical illness, but shy away from any discussion of mental illness. This course is designed to debunk the myths and explore the facts about mental health.

Around 2 hours • Face-to-face or virtual • Typically 4-15 participants • Supported by course notes • Interactive

Key course elements

Background and basics
- Mental health, what it is and why it's important; debunking the myths, exploring the facts, understanding the stigma

Mental ill health
- Examining personal and work triggers for mental ill health, understanding the science of stress and how to spot key warning signs of a range of mental illnesses

Support for mental ill health
- Exploring how to provide support for mental ill health, including how to approach, assess and assist someone in distress

Promoting mental health
- Considering adaptive strategies for promoting mental wellbeing at home and at work

Participants will learn to…

- Recognise the importance of positive mental health for the individual and the wider community

- Understand personal and work causes and triggers of mental ill health

- Develop an understanding of their own mental health

- Spot the early warning signs of imbalance

- Understand and recognise the signs and symptoms of some common mental health illnesses

- Develop the confidence to assist someone with mental ill health

- Explore how best to support their personal mental wellbeing

- Discuss how to promote mental health at work

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