

Mental Health Awareness Half-day course

Number of Delegates:	4 - 16
Course Duration:	4 hours (approx.)
Course Outcome:	Certificate

Introduction

The course provides an introduction into the management of stress and the promotion of health and wellbeing within the workplace. Exploring how mental health issues impacts individuals over their lifetime, the wider implications for their family and society, and how the media influence perceptions of mental health.

Target group

Anyone, whether employed or not who has an interest in mental health.

Assessment and certification

There is no assessment and an attendance certificate is provided.



A Skills People Group Company

COURSE PROGRAMME

The half-day Mental Health Awareness course covers the following:

Session 1

- What is mental health?
- Stigma and discrimination

Session 2

- The assessment of stress and organisational responsibilities in managing stress and depression, anxiety, self-harm, eating disorders, psychosis and suicide

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