

## Mental Health Awareness

### Course Description:

Mental Health difficulties are a major reason for ill health in the UK. It is estimated that 1 in 4 of us will experience Mental Health difficulties at some point in our lives. People with Mental Health difficulties remain one of the most stigmatized groups within our society. People attending this course leave the programme with a good understanding of what Mental Health is, how to recognise the effects of Mental Health and support individuals/groups/families

### Course Outline:

- o Explore the term “Mental Health”
- o Perceptions and attitudes towards mental ill health
- o Recognise and consider the impact of these perceptions and attitudes
- o Explore different types, signs and symptoms of mental ill health
- o Consider influences and factors around mental ill health
- o Discuss issues specific to job roles and experiences
- o Provide an insight to peoples experiences when living with mental ill health
- o Explore support mechanisms available

### Course Duration:

3 hours

### Assessment:

There is no final assessment. The tutor ensures a thorough understanding has been achieved by questions, answers, discussion and practical scenarios

### Certification:

All delegates will receive a certificate of attendance

