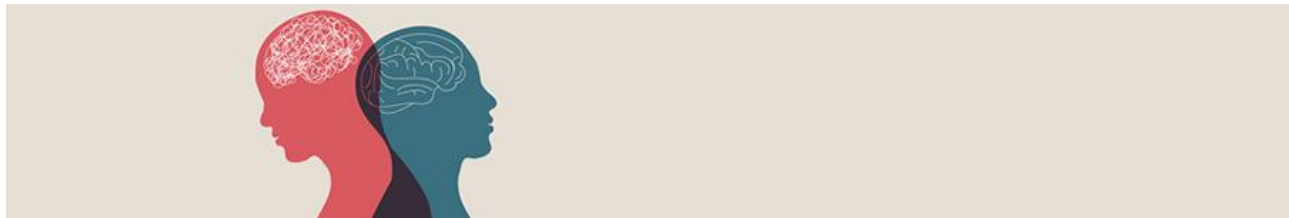# MENTAL HEALTH AWARENESS

Course Code: FAM01 | Title: Awareness On Mental Health | Duration: 1 Day
Delivery: Face To Face & Live Online

Course Description:

This course will give delegates an understanding of the most common mental health illnesses. The course also gives delegates the ability to recognise the signs of mental ill health and the skills to support both themselves and others.

The above course will be delivered by experienced qualified working mental health professionals and qualified first aid assessors.

Who Should Attend Mental Health Awareness Training?

- Managers and Team Leaders
- Educators and Youth Workers
- HR Professionals
- Volunteers and Community Workers

Course Contents:

- **Understanding:** Gain a clear understanding of mental health and its significance in the workplace
- **Stress Awareness:** Explore the effects of stress and learn strategies to manage it effectively
- **Stigma:** Challenge misconceptions and reduce discrimination to create an inclusive environment
- **Depression:** Identify the signs of depression and understand how to provide appropriate support
- **Anxiety Disorders:** Learn how to recognize and respond to individuals experiencing anxiety
- **Challenges:** Awareness around conditions such as eating disorders, self-harm, and psychosis
- **Early Warning Signs:** Subtle indicators of mental ill health to intervene before issues escalate
- **Substance Use:** Understand the connection between alcohol, drugs, and mental health challenges
- **Suicide Awareness:** The skills to approach conversations about suicide with sensitivity and care
- **Resilience:** Discover ways to support recovery and foster resilience in individuals and teams
- **Healthy Workplace:** Practical steps to create and maintain a healthy working environment

*BESPOKE COURSES | All of our courses can be easily tailored to suit any company.
Course duration and level can be changed, depending on content, company & individuals*