Adult Mental Health Awareness – ½ day

Course Aim

The aim of this course is to provide the knowledge and understanding of Mental Health and Well-being. This course is designed to increase awareness about mental health and give the knowledge and understanding to delegates about how to look after wellbeing and challenge the stigmas surrounding mental health.

This course is a dynamic, fast-paced introduction to Mental Health & well-being. A perfect entry level for anyone interested in learning more about such an important subject.

Who Should Attend?

This course is aimed at delegates of all experience levels. There is no prior experience needed.

Course Duration

This is a 1/2 day course.

Certification

Delegates successfully completing the course will receive a certificate of attendance will be provided for each delegate.

Agenda

- What mental health is & how to challenge associated stigmas
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health & maintaining wellbeing
- Confidence to approach & support someone in distress or who may be experiencing a mental health issue