



Mental Health Awareness (Remote Learning)



Course Aim

This half day course is aimed at the whole workforce to open the conversation around mental health, and give people a basic knowledge of mental health, signs, and symptoms.

Delivery

This is an online course delivered through Zoom. Learning takes place through live training sessions and self-learning activities.



Who Should Attend?

This course is aimed at delegates who have an interest in gaining a deeper awareness of mental health.



Course Duration

Approx. 4 hours (1/2 day).



Certification

Delegates who complete the course will receive:

- A certificate of attendance to say you are Mental Health Aware.
- A manual to refer to whenever you need it.
- A workbook including a helpful toolkit to support your own mental health.



Agenda

This course raises awareness of mental health and covers:

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

