

Mental Health Aware Online

Duration	Half day
Participants	Up to 25
Provider	The Learning & Development Consultancy Ltd
Location	Virtual

Course Description

This introductory four-hour session raises awareness of mental health. It 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

Learning takes place through a mix of presentations, group discussions and workshop activities.

Target Audience

This short course is suitable for individual contributors looking to understand and improve their knowledge and confidence about mental health and to learn the skills to support their own and others' positive wellbeing in the workplace.

We limit numbers to 25 people per course so that the instructors can keep people safe and supported while they learn.

Key Learning Points & Outcomes

- Define mental health and some mental health issues
- Understand factors that affect mental health
- Identify the stigma and discrimination surrounding mental health issues
- Feel more confident about starting mental health conversations
- Understand how to look after your own mental health

Course Content

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress

Course Content cont.

- 📁 Mental health conditions:
 - ⇒ Depression
 - ⇒ Anxiety disorders
 - ⇒ Psychosis
 - ⇒ Eating disorders
 - ⇒ Suicide
 - ⇒ Self-harm
- 📁 Recovery
- 📁 Take 10 Together - starting a supportive conversation
- 📁 Supporting mental health in the workplace
- 📁 Useful statistics
- 📁 Helpful resources

Takeaways

Everyone who completes the course gets:

- 📁 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