

Mental Health Awareness

Training Course Details

About This Course

This course covers vital theory and practical techniques in developing mental health awareness. The course gives a general awareness of what constitutes mental health and how to promote our own mental wellbeing. It also examines some common mental health problems, causes and treatment. The course also examines issues such as social exclusion and diversity.

Who Should Attend?

Anyone who works in the field of mental health particularly health care assistants, support workers and front line staff who make work with vulnerable people.

Course Objectives

To provide both an understanding of and an insight into what mental health is and how to promote positive mental health. To examine the concept of diversity and social exclusion and our social responsibility and to give students an overview of mental health problems and the support available including treatment options

Course Overview

Welcome and introduction, followed by:

- What is mental health?
- The concept of stress
- What is illness?
- Common disorders, prevalence, causes and treatment
- Diversity and social inclusion
- Positive mental health
- Illness in relation to our mental state

Practical scenarios to recap key points

Assessment – written and practical

Course Details

Duration **1 day**
Certificate **Certificate of completion provided**

Course Title **Mental Health Awareness**
Course Ref **HC011MHA**