Course Title	Adult Mental Health – Awareness	Duration	Half day (four hours) online	*Mental Health*
Aim	We all have mental health and like our physical health it needs to be looked after. In any given year one in four people will experience a mental health issue. It's important that every workplace has plenty of people who can support those having any issues and who know how to access further help for them, allowing for quicker recoveries and more positive outcomes. On completing the course you'll get a certificate of attendance to say you are Mental Health Aware, a manual and workbook including a helpful toolkit to support your own mental health.			
Prerequisites	None			

NB : This course includes delegate assessment.

Outcome	Content
Introduction to mental health and what influences it. Be able to define mental health and understand factors that affect it including stigma and discrimination. An introduction to recovery.	♦ What is mental health? ♦ Risk factors and protective factors for mental health ♦ The mental health continuum ♦ How stigma and discrimination affect recovery.
Stress and distress Understand the surrounding mental health issues and how stress can affect mental health.	♦ The stress vulnerability model ♦ Recognising distress ♦ Managing mental health at work
Mental health conditions and starting a supportive conversation Gain knowledge about some mental health issues and feel more confident about starting mental health conversations	♦ Mood disorders ♦ Anxiety disorders ♦ Psychotic disorders ♦ Eating disorders ♦ "Take 10 Together"
Looking after yourself An introduction to self-awareness and self-care	♦ Finding ways to reduce your stress ♦ "My Mental Health Toolkit"

Book this course now :

Cost	£125 per delegate on an open course // £750 for an in-house event (+VAT)
To book this event	Call Mike or Jill now on : 0330 022 8262 e-mail : bookings@its-training-uk.com