

# Mental Health Awareness

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The main aims of mental health awareness are to highlight the main mental health issues and disorders and to give an overview of the signs and symptoms. Participants also learn how to look after their own mental wellbeing.

By the end of this course participants should be able to:

- Understand the meaning of mental health and mental ill health
- Identify the most common mental health illnesses/symptoms/behaviours/myths
- Challenge some of the stereotypes and stigma associated with the term mental illness
- Identify factors which may contribute to common mental illnesses
- Understand how to implement effective strategies to support someone with a mental illness
- Recognise our own limitations when supporting others and how to signpost others to external support
- Identify ways strategies and techniques to build and maintain positive mental health
- Know how to access support for themselves or for others.

## **This course will not:**

- Enable you to diagnose people
- Make you a counsellor or enable you to counsel people

## **Learner requirements: None**

## **Time scale: 2 hours**

## **Group numbers: 20**

This course will incorporate a mix of slides and audience participation coupled with group work and exercises.

## **Course Expectations:**

- Everything shared in this course is confidential
- All participants will show respect to others
- All participants are interested in helping others with mental health problems

## **Progression:**

After this course it would be beneficial for all participants to undergo safeTALK training as a means to become more aware of suicide and to better equip managers to help staff who may be having thoughts of suicide.

**Contact details:** [amhworks@amh.org.uk](mailto:amhworks@amh.org.uk)

*Whilst this course does not contain any distressing content, the subject matter may provoke an emotional response for some participants. All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.*

It is also advisable for those in management positions to follow this course up with Mindful Manager as a tool in helping to alleviate the signs of mental illness and stress in staff.

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# Supporting Healthy, Resilient Workplaces



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