

action
mental
health

Workplace Wellbeing

Mental Health Training Programmes

Mental Health Awareness





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

By the end of this programme 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 strategies and techniques to build and maintain positive mental health
- ✓ Know how to access support for themselves or for others

This programme will not:

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



Programme format and duration

Duration: 2 hours

Group numbers: Maximum 20

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

Further support

Whilst this training 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.

**Book now to
improve your
workplace wellbeing**

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Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit amh.org.uk.



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