

Half Day – Understanding Mental Health



Overview

Come on this course to gain an insight into the world of mental health. The first half of the session is spent raising awareness and understanding of mental health, whilst the second half focuses on gaining skills and knowledge to support people as they access your services. The handout pack for this course is particularly informative and includes a sign posting section to further support your workforce.

Who should come on the course?

- Front line staff e.g. those responsible for home visits, 1-1 meetings and reception staff.
- Line managers of front line staff.
- People who work with a colleague who has a mental health condition.
- Managers responsible for strategy and policies.

Learning Outcomes

By the end of the day you will:

- Understand what is mental health and well-being.
- Be able to identify signs and symptoms of common mental health conditions.
- Have a deeper understanding of self help and prevention.
- Be able to sign post people.
- Understand what you can do to help people access your services.

HearFirst is an independent award winning training provider.

Passionate about Equality and Diversity, Specialist in Disability Related Training

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Course Content

- Welcome and introductions
- What does mental health mean to you?
- Common mental health conditions
- Signs, symptoms and risk factors
- Five ways to wellbeing and managing stress
- Available support and signposting
- Action planning to help people access your services
- Evaluation and close

Booking Information

- **Organisations** - Training can be at your venue on dates to suit you for 8-16 delegates. Alternatively we may be able to source a suitable venue.

Please contact HearFirst for further information.

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