

Bite Sized Learning (90 mins)

Mental Health Awareness



Overview

Come on this interactive 90 minute session to understand more about mental health. Find out what mental health and well-being are. Explore the causes, signs and symptoms of stress and understand what happens when stress becomes the norm. Gain an insight into building up your own resilience.

This session will help you understand behaviours in yourself, your customers and colleagues.

Who should come on the course?

All employees at all levels of the organisation would benefit from this session. Also useful for tenants, volunteers and students.

Learning Outcomes

By the end of this session you will have an increased awareness and understanding of:

- What mental health and well-being are.
- Causes, signs and symptoms of stress.
- Impact when stress becomes the norm?
- Common mental health facts and figures
- Resilience Building

Booking Information

- Organisations - Training can be at your venue on dates to suit you for up to 15 delegates.

Please contact us for further information.

HearFirst is an independent award winning training provider.

Passionate about Equality and Diversity, Specialist in Disability Related Training

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