



Duration: 1 Day
Course Code: SSH48

Course Description:

This course will give delegates an understanding of the most common mental health illnesses. The course also gives delegates the ability to recognise the signs of mental ill health and the skills to support both themselves and others.

Who Should Attend One Day Mental Health Awareness Training?

- This course is ideal for those who wish to gain/increase their awareness of mental health in the workplace.

Course Contents:

- About mental health
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health
- Suicide
- Recovery
- Building a mentally healthy workplace

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**

