

Mental Health Awareness

Maximum Participants: 16

Duration: One Day

Timings: 09:30 – 16:30



Suitable for

All health and social care professionals who may work with people dealing with mental health issues:

- Day care staff
- Domiciliary care staff
- Health care assistants
- Nursing staff
- Residential care staff
- Team Leaders and Managers
- Voluntary Sector Staff/Volunteers

Aim

To introduce the range of mental health issues, their symptoms and treatments. You will recognise their effect on an individual, the impact of stereotyping and potential care and support needs.

Learning Outcomes

By the end of the course, you will be able to:

- ✓ Identify the 10 main mental health conditions affecting people in the UK
- ✓ List the most common symptoms and treatments for mental health conditions and their side effects
- ✓ Be aware of the main mental health legislation and its relevance to your organisation
- ✓ Relate to the issues and concerns faced by people with mental health conditions
- ✓ Explain the principles of person centred care work with people with mental health conditions
- ✓ Demonstrate empathy when working with people living with mental health conditions

You will also leave the course with:

- ✓ A sense of achievement
- ✓ A toolkit of techniques and practical ideas for releasing your potential
- ✓ A Personal Action Plan to take your learning further

Training Style

All courses are interactive, using diverse participatory, 'brain-friendly' training methods including: exercises; games/quizzes; handouts and workbook; small/large group discussion; skills practice and trainer input.

All courses are accompanied by a **Welcome Pack** (including some essential pre-course activities to prepare for learning) and a **'Bonus Pack'** after the training with additional tools, and follow-up activities to support transfer of learning to the workplace. (*email required)

Other Courses to consider (Visit my website for details of these and other courses)

- ➡ Care Matters: Basic Counselling Skills
- ➡ Dementia Awareness
- ➡ Diversity: Cross-Cultural Awareness
- ➡ Diversity: Valuing Difference when Working with Others (for front-line staff)
- ➡ Loss and Bereavement

Mike Phillips Training

Releasing potential through learning and development



"A practical, insightful course that has made me think more deeply about this issue."

"The day was emotional at times, which made the topic feel more real and gave me insight to service-users concerns."

Course Participant

Stonebridge



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