



Course Outline

HIV, Stigma and Mental Health

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 - 16:30

Suitable for

All health and social care professionals who work with clients living with or affected by HIV/AIDS:

- Day care staff
- Health care assistants
- Residential care staff
- Domiciliary care staff
- Nursing staff
- Team Leaders and Managers

Aim

To build upon existing HIV/AIDS awareness and explore how the impact of an HIV diagnosis and living with HIV may affect mental health. You will develop skills and strategies to support people with HIV/AIDS and emotional support needs.

Learning Outcomes

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

- ✔ **Review** your current awareness about HIV/AIDS, its prevalence in the UK and HIV transmission.
- ✔ **Explain** the potential impact of HIV in terms of stigma and discrimination.
- ✔ **Describe** how living with HIV/AIDS may impact upon a person's mental health and well-being.
- ✔ **Explain** the challenges of disclosure for people living with HIV.



✔ **List** the potential emotional, social and practical support needs of people living with HIV.

✔ **Demonstrate** good communication with people with living with HIV/AIDS and their loved ones.

Benefits of Attending

✔ Feel confident and ready to put your learning into practice.

✔ Create a Personal Action Plan to apply your learning in your workplace.

✔ Take away a practical toolkit with proven techniques and ideas you can use straight away.

Training Style

This course is highly interactive and uses engaging, 'brain-friendly' methods such as exercises, quizzes, group discussions, skills practice, storytelling and practical tools to support real-world application.

You'll receive a **Welcome Pack** with pre-course activities, a **Learner Workbook** during training, an **E-Book** on this topic and a **Bonus Pack** afterwards with extra tools and follow-up activities to help you put learning into practice. (*email required)

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

➔ Basic Counselling Skills for Health and Social Care Staff (2 Days)

➔ HIV in the Workplace

➔ Involving and Consulting Clients and Service-users

➔ Meeting the Care Needs of Older LGBT+ People

➔ EDI: An Introduction to Equality, Diversity and Inclusion (Front-line Staff and Volunteers)

➔ Mental Health Awareness

➔ Protecting Client Confidentiality and Professional Boundaries

