



Course Outline

Mental Health Awareness

Minimum and Maximum Learners: 06 - 16 Duration: One Day Timings: 10:00 - 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 main mental health conditions affecting people in the UK.
- ✓ **List** the most common symptoms and treatments for mental health conditions and their side effects.
- ✓ **Outline** of the main mental health legislation and its relevance to you and 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.

Benefits of Attending

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

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

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

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 Professionals (2 Days)

➔ Dealing with Stress and Boosting Your Wellbeing

➔ Dementia: Normal Ageing, Brain Change and Dementia Awareness

➔ Developing Resilience in an Ever-Changing World

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

➔ EDI: Cross-Cultural Awareness

➔ EDI: Disability Awareness

➔ Loss and Bereavement (2 Days)

➔ Protecting Confidentiality and Professional Boundaries

