

Mental Health Awareness

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Overview

This course provides an essential overview of mental health. It is useful for all staff working within social care settings, not just individuals working within Child and Adolescent Mental Health Services (CAMHS) but for those working in a range of other settings. This course will provide fundamental information to recognise some of the signs, triggers and symptoms associated with mental health. It can also affect an individual's ability to cope and function as well as looking at guidance on how to potentially manage and support them with their illness on a day-to-day basis.

Course content:

The following topics are covered in this course.

- What is meant by mental health and mental ill-health
- The components of mental well-being
- Risk factors associated with developing mental health problems
- Examples of mental health problems

Entry Requirements:

The course is relevant for learners from almost any employment sector and aims to develop the learners understanding and appreciation of a wide range of mental health conditions.

Assessment:

We can deliver this course on your premises, reducing costs in respect of additional time out and travelling. Our trainer will carry out on going assessments.

Qualification

On completion of the course. All delegates will receive Certificate of Attendance

Duration of course

Depending on module

Attendance Options

Days/Evenings/Weekends