

MENTAL HEALTH AWARENESS

We know that many people feel stuck for what to say or what to do when it comes to mental health. Mental Health Awareness training helps to change people's perspectives of what it means to have a mental health condition, so they can draw upon that knowledge at work to foster supportive relationships with others. When we don't understand what is happening to others (or ourselves) we can feel ill-equipped to help.

This popular course is suitable for people, who wish to learn more about mental health.

COURSE BRIEF

This workshop intends to broaden people's view of what mental health is, what it means to have a mental health condition and how we can help reduce stigma, so everyone feels included, supported and able to live & work well. We will also look at the factors that promote recovery and wellbeing and find ways to talk about mental distress in a sensitive way.

WORKSHOP COVERS:

- Understand the stigma that surrounds mental health in the workplace
- Increase awareness of attitudes towards mental health and illness
- Recognising the continuum of mental health and who is effected
- Identifying key factors that affect mental health and wellbeing
- Recognise and understand some of the most common signs and symptoms of mental health conditions
- Clarifying services that are available, and considering what is helpful for people experiencing stress or mental distress
- Acquire the confidence to deal with people who may be experiencing mental health problems

Delivery options:

Talk (1 hour)

Bitesize (3.5 hrs)

Full Day

Maximum number: 16

Please contact training@bristolmind.org.uk for fees