



Basic Mental Health Awareness

Course Title:	Basic Mental Health Awareness (half day)
Length/duration of course	3 hours average contact time.
Course aims	In the UK, around 44% of adults have experienced a problem with their mental health at some point in their life, with 1 in 4 people being formally diagnosed with a mental health problem.
Course outcomes	<p>By the end of this workshop, delegates will be able to:</p> <ul style="list-style-type: none"> • Discuss some of the commonly held misconceptions surrounding mental health including <i>myth-busting and latest UK statistics</i> • Learn how to take positive steps to remove <i>stigma, stereotypes and discrimination</i> surrounding mental health which includes our own <i>unconscious bias</i> • Describe what mental health means including the <i>continuum of mental health and common mental health problems</i> • Be aware the signs of <i>anxiety and depression</i> • Have a basic overview of the common symptoms of <i>psychosis and bi-polar</i> • Be aware of how to access <i>external support and further guidance</i>
Target Sector	This course has been designed for employees and workers in all environments, and aims to increase understanding of what mental health is, the factors that might affect it and signpost where to go for further support.

What's the Message? Ltd

Tel: 0116 2795109/07917355992. Email: admin@whatsthemessage.co.uk

www.whatsthemessage.co.uk