Course title: Mental Health Awareness

Duration: Full or Half Day

Maximum number of learners: 16

Course overview:

This course is designed to provide learners with an introduction to Mental Health and Mental Illness. The course aims to raise awareness of mental health, and to understand and recognize the causes, symptoms and support options for a range of common and less common mental health problems.

Course learning outcomes:

By the end of the day, learners will be able to:

- Define the difference between mental health and mental illness.
- Dispel some of the incorrect stereotypes that surround mental health and mental illness.
- Discuss how we can support someone with mental health illness
- Explore our own attitudes and perceptions towards mental health and mental illness.
- Describe some of the common illnesses
- Discuss suicide and its impact
- Explain the term 'Mental Health first aid'

www.ctrcaretraining.co.uk
training@ctrcaretraining.co.uk
0345 395 0100