

Mental Health Awareness



This half-day workshop aims to develop delegates' understanding of mental health so that they feel confident in supporting people who are experiencing difficulty.

Suitable for: Anyone with an interest in mental health and/or supporting others

Duration: 3 hours

Aims and Objectives:

- To strengthen delegates' knowledge around mental health, well-being and why we become 'unwell'
- To develop delegates' understanding of experiences like depression and anxiety so that they better understand how to support people
- To increase delegates' confidence in their skills so they can support people in distress sensitively and appropriately
- To explore resources and services that support people managing their mental health

Morning Session: An Orientation To Mental Health and Well-being

- Understanding mental health, well-being and how they support a meaningful life
- Using the Biopsychosocial and Stress Response models to explore why we become 'unwell'
- How coping mechanisms work
- When life exceeds our ability to cope with it – looking at experiences like depression, anxiety and psychosis
- How to help ourselves or someone else in distress
- How to access longer term support and use coping strategies
- What help is available and how to access it

This course is followed up with an email pack outlining further information and resource materials for those wishing to continue their own learning in response to the ideas covered in this course.