

Understanding Mental Health and Recovery

Starting a conversation about mental health doesn't have to be difficult

Course timings: This is a full day course which will run from 9:30 to 4.30pm with two 15 minute comfort breaks at 11am and 2:15pm. There will be a lunch break from 12:30pm - 1:00pm.

Learning Objectives:

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

Our workshop is broken down into 2 manageable sessions that will equip participants with a solid understanding of why people become distressed or overwhelmed and the skills to support them. Please turn over for an outline of these sessions

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Norwich

In the morning session we will look at:

An Orientation To Mental Health and Well-being

- Understanding mental health, well-being and how they support a meaningful life
- The Biopsychosocial model and the stress response
- Coping mechanism and their limitations
- How distress manifests itself and the purpose of experiences like depression and anxiety

In the afternoon session we build on this by looking at:

Recovery and How to Support Others:

- Introduction to change and vulnerability
- The Recovery model, change and vulnerability
- Working with people at each stage of recovery
- Key skills that support recovery and someone in distress
- Treatment and support in relation to the Biopsychosocial model

There will be e-resources, handouts and optional homework to support this workshop

For more information or if you have any queries please contact us on the details below

We look forward to training with you!

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