Course title: Essential Mental Health

Subject category: Mental Health

Course aim: To provide delegates with a user-friendly introduction to mental health and enable them to develop skills in recognising and positively responding to mental distress.

Course overview: The DoH estimates that nearly a quarter of the ill health in the UK is mental ill health, causing enormous and unacceptable suffering for individuals and huge economic cost to business (New Horizons 2011). Mental health is everyone’s business; this course explains and demystifies many of the unhelpful prejudices about mental distress and offers delegates practical information and skills.

Pre course requirements: No prior formal training is required

Name of trainer: Janet Lallysmith

Who should attend: Anyone with a personal or professional interest in mental health

Course level: Level One (Introductory)

What you will learn:

- How we may define and promote good mental health
- The different types of mental health problems and their symptoms
- The importance of putting these diagnoses in a social and cultural context
- The uses and possible limitations of a range of support and treatment options, including medication
- Focusing on the person rather than their diagnosis
- Strategies for supporting someone in a person-centred way
- How to anticipate potential communication barriers when people are mentally distressed and some practical skills to overcome them
- The importance of a ‘recovery-based’ approach to mental health
**Course timings:** This one day course will run from 10am to 4.30pm with short breaks morning and afternoon and a one hour lunch break.

**Programme:**

10.00am  Welcome, introductions, housekeeping, ground rules and aims of the course

10.30am  **Defining mental health and distress:** facts and figures about mental health, the common and severe mental health problems including depression, anxiety schizophrenia and bi polar affective disorder

11.15am  Break

11.30am  **Factors that cause and contribute to mental distress,** social model of disability, critical evaluation of support and treatment available, including medication

12.30pm  Lunch

1.30pm  **Supporting people in a person-centred way:** enabling people with mental health problems to make the most of their strengths, case studies

2.30pm  Break

2.45pm  **Effective communication when people are mentally distressed,** the recovery model and longer term perspectives

4.15pm  Review and evaluation

4.30pm  Thanks and close