Mental health awareness

Duration: Full day; generally up to 7 hours with breaks for lunch and comfort throughout*.

Course aims: This course aims to provide learners with an overview of mental health and wellbeing. The course outlines some of the common mental health problems experienced by all of us every day. You will also learn about some of the causes and triggers of mental health problems. We also cover recovery, disclosure and how we can all look after your own mental health.

Who should attend: Anyone wanting an introduction to the subject of mental health. Our course really is for anyone aiming to increase their awareness of mental health in general and to have their questions answered openly, honestly and with respect. You will gain insights into common experiences affecting all of us, which can inspire our understanding in our professional and personal lives.

By the end of the course:

- You will be able to define mental health and wellbeing, the spectrum of mental health and mental health problems
- You will be able to describe some common mental health problems and behaviours of someone who may be experiencing mental health problems, comprehend some of the causes, and identify possible affects
- You will be better able to recognize stigma and challenge it
- You will also learn how to respond appropriately to disclosure.

*At Mind, we recommend taking breaks as appropriate throughout our training delivery. Research shows that learners can only absorb 40 minutes of information at a time, and breaks help learners to remain engaged in the subject matter, and process information more effectively. Flexibility can of course be used at your own discretion.
## Our suggested learner journey

**Morning**

- **Welcome**: introductions, housekeeping and learning agreement.
- **Mental health awareness**: what is mental health?
- **Common mental health problems**: the causes, signs, symptoms, and behaviours, treatment and support options that relate to stress and anxiety, and depression.

**Break**

- **Common mental health problems cont.**: the causes, signs, symptoms, and behaviours, treatment and support options that relate to obsessive compulsive disorder, self-harm and bipolar disorder.

**Afternoon**

- **Causes and triggers**: looking at stigma and the different causes and triggers of mental ill health and how they relate to each other on an individual and social level.

**Break**

- **When to seek help**: looking at the different support options available and how to prepare for the conversation of disclosure.

- **Recovery and signposting**: tips for having a conversation about mental health and maintaining good mental health into the future.

**Review and evaluation**

- **End**

Mind reserves the right to amend the content and/or running order of the course at its own discretion.

For further information about our Workplace Wellbeing Services, please visit our webpages or contact your Account Manager:

www/mind.org.uk/workplace

This is an example course outline. Exact content and timings will be agreed between client and trainer pre delivery.