

Mental Health Awareness

Suitable for:

All staff who wish to acquire and develop a basic understanding of mental health and mental health problems.

Aims of the course:

- To explore and consolidate existing knowledge and awareness around mental health and mental health problems
- To increase participants' confidence in working with clients who may have mental health problems

Objectives of the course:

- To arrive at a shared definition and understanding of mental health and mental health problems
- To acknowledge that mental health is an issue for all
- To critically consider the stigma surrounding mental health problems
- To identify and evaluate different models of mental health
- To identify what factors may influence mental health - staff's and clients'
- To consider issues of diversity
- To identify what support is available for people with mental health problems
- To listen to and consider the perspectives of those who use mental health services
- To consider how staff can support clients with mental health problems
- To identify the emotional impact on staff and carers, and their consequent needs for support and self-care
- To enable discussion, reflection and the sharing of knowledge and experience.

