



**harm-ed**  
self-harm awareness training and consultancy

## **Mental Health Awareness Training. - One day**

### **Suitable for;**

Staff who wish to acquire and develop a basic understanding of Mental Health Problems.

### **Aims of Course:**

- To establish a basic awareness and knowledge of mental health issues.
- To challenge discrimination, stigma, stereotypes and the 'us and them syndrome'.
- To increase participants confidence and effectiveness when dealing with someone who has a mental health problems.
- To establish a basic awareness of issues of diversity and how this interacts with mental health issues.

### **Outline of Course Content**

- What constitutes mental health?
- What constitutes mental ill-health?
- Stereotypes, stigma and discrimination connected with mental illness.
- What causes mental health problems? How do people move from mental health to mental ill health? Emphasis on Social Causes.

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