

Adult Mental Health Aware Half Day

Overview

Our half day course is an introductory four hour session to raise awareness of mental health.

It is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Cost

We (Mental Health First Aid England) value this course at **£125 per person**.

Costs may vary depending on location and instructor – contact the instructor for more information by clicking on a course below.

What to expect

Learning takes place through a mix of presentations, group discussions and workshop activities. We limit numbers to 25 people per course so that the instructor can keep people safe and supported while they learn.

Everyone who completes the course gets:

- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health
- A certificate of attendance to say you are Mental Health Aware

"A helpful, practical approach which helped develop my understanding."

Course structure

Four hour session

- What is mental health?
- Mental Health Continuum

- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
 - Depression
 - Anxiety disorders
 - Psychosis
 - Eating disorders
 - Suicide
 - Self-harm
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources