



Mental Health Aware

This course raises awareness of mental health.

Course outcomes

- 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.
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Format

This is a half day (four hour) course delivered either face-to-face or via online video conferencing.

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.

We strive for all of our learning content to be as accessible and inclusive as possible.

Takeaways

Everyone who completes this course gets:

- 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.

