



Mental Health Awareness

Our Mental Health Awareness course offers a truly comprehensive understanding of mental health, covering a range of essential topics. You will learn to identify the causes, signs, and symptoms of various mental health conditions, and explore their impact on individuals and their loved ones.

You will gain valuable insights into the role you can play in encouraging positive mental health within the workplace and learn how to identify and access appropriate support services for those in need. Led by our experienced training team, you will also explore relevant legislation that protects the rights of individuals living with mental health conditions, and provide strategies to enhance your own wellbeing, resilience, and self-care practices.

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Learning Outcomes

- Identifying the causes, signs, and symptoms of mental health conditions.
- Explaining the impact that mental health conditions can have on individuals and their loved ones.
- Discussing the role one can play in supporting mental health within the workplace.
- Determining appropriate services and support for individuals with mental health conditions and their families.
- Identifying relevant legislation and how it supports individuals living with mental health conditions.
- Developing strategies to support wellbeing, resilience, and self-care.

Course Content

Module 1: Understanding Mental Health

- Introduction to Mental Health & common Mental Health conditions: including defining mental health and mental illness, the impact of stigma on mental health, anxiety, mood, psychotic and personality disorders.
- Causes and Risk Factors: including biological, psychological, social and environmental factors.

Module 2: The Impact of Mental Health Conditions

- Impact on Individuals, Relationships and Work Performance: including the emotional, cognitive and physical impact of mental health, the impact on family, friends and romantic relationships and performance-related aspects in work such as productivity, absenteeism and job satisfaction.

Course Content

Module 3: Supporting Mental Health in the Workplace

- Creating a Supportive Workplace Culture: Open communication, flexible working and employee assistance programs (EAPs).
- Recognising Signs and Symptoms: including changes in behaviour, performance and mood.
- How to Offer Support using Active Listening, offering help and resources and how to avoid harmful stereotypes and judgements.

Module 4: Accessing Support Services

- Identifying Appropriate Services: including the role of GPs, Mental Health professionals such as psychiatrists, Community services and Peer support.
- Navigating the Mental Health System: Understanding referral processes, waiting times and access to treatment and insurance coverage/financial assistance.

Module 5: Legal and Ethical Considerations

- Relevant Legislation: Disability Discrimination Act, Mental Health Act and Data Protection Act
- Ethical Guidelines: the importance of maintaining confidentiality, Informed consent and Duty of care

Module 6: Promoting Wellbeing and Resilience

- Self-Care Strategies: Stress management techniques, mindfulness and meditation, physical activity, healthy eating and adequate sleep
- Building Resilience: Positive thinking, problem-solving skills, social support, goal setting and time management.