

Mental Health Awareness Training



This mental health awareness training is designed for anyone working in a customer facing environment. It will provide employees with the confidence needed to interact sensitively and effectively with someone experiencing mental health issues, during their line of work.

What does the training cover?

This is a general course that covers ten mental health conditions (Bi-polar, Dementia, Depression, General Anxiety Disorder, Obsessive Compulsive Disorder, Phobias, Post Natal Depression, Post Traumatic Stress Disorder, Schizophrenia, Self Harm), and provides participants with a comprehensive understanding of issues relating to these conditions, practical guidance, and where to go for support.

We will deconstruct case studies of difficult situations experienced by participants and look at how future situations can be more effectively managed. The session is based on group work and discussion, and participants are presented with a pack of materials covering the content of the day, which can be referred to in the course of their work.

What you will gain?

- Knowledge and understanding of ten mental health conditions plus autism
- Practical guidance on how best to manage a situation involving someone who is experiencing mental health issues
- How to sensitively signpost
- Ways to unburden after a challenging experience
- How to build resilience

Costs

This training is delivered at the Mental Health Foundation's Head Office in London. The cost is dependant on the type of organisation making the booking:

- £100 voluntary sector
- £150 statutory sector
- £200 commercial business

Future dates: 21st March 2013

"I have great confidence in the mental health awareness training delivered by the Mental Health Foundation, it was a real eye opener and just the kind of training our staff needed."

Sue Stafford, Manager Employee Well-Being & Safety, RSPCA HQ

How can I book?

For more information or to book a place on this course, please contact our customer services team on:
020 7803 1101, or
email swillis@mentalhealth.org.uk