



# Mental Health Awareness Course (half day)

This course is designed to support colleagues and managers in understanding and supporting different mental health issues in the workplace.

The Mental Health Awareness Course requires 3 hours contact time with one of our trainers.

Learners will develop a range of skills and knowledge in recognising mental illness within the workplace and taking the appropriate steps to support colleagues.

## Our students will learn about:

- ✚ Understand mental health, and the difference between mental health and mental illness
- ✚ Know why people develop mental health conditions
- ✚ Know how to provide advice and practical support for a person presenting with a suspected mental health condition
- ✚ Know how to recognise range of mental health conditions
- ✚ Know where to go for help and advice



4 hours



Minimum 3  
learners



Maximum  
12 learners



3 Years

## Price includes:

- ✚ Professional Instruction
- ✚ All course materials
- ✚ Qualification, valid for 3 years