

Mental Health is just as important as your physical health: everybody can see a broken leg, but not everyone can see when someone is struggling with their mental health.

If a staff member or team or even yourself go through a period of poor mental health they or you might find everyday tasks becoming more difficult, or even impossible, to cope with. This can feel just as bad as a physical illness, or even worse.

The current corona virus (COVID-19) outbreak, has been a scary and emotional time for everyone and understandably can affect our mental health. Mental health problems affect around one in four people in any given year; since the COVID-19 outbreak there has been a significant rise in young adults & adults suffering from mental health.

We offer two training courses for mental health in which the aims and objectives are to raise awareness and how to give First Aid with support to any employee that may suffer from mental health or mental illness. The two training courses for mental health training are:

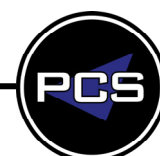
One Day Mental Health Awareness

- Our Mental Health Awareness Course is for staff and co-workers to gain skills in becoming aware of how mental health can affect your team, colleagues and yourself.

Two Day Mental Health First Aid

- Our Two-Day Mental Health First Aid Course is to teach businesses how they can help treat their mental health employees.

Both courses are taught by Corrine Marklew who is a qualified PMV&A (Prevention Management of Violence and Aggression) Instructor that works in a Specialist Learning Disability Assessment and Treatment Unit for mental health. She is also a Mental Health staff nurse with 22 years of experience who specialises in Dual Diagnosis of mental health and Individuals with learning Disabilities.





Duration: 1 Day
Course Code: SSH48

Course Description:

This course will give delegates an understanding of the most common mental health illnesses. The course also gives delegates the ability to recognise the signs of mental ill health and the skills to support both themselves and others.

The above course will be delivered by experienced qualified working mental health professionals and qualified first aid assessors.

Who Should Attend One Day Mental Health Awareness Training?

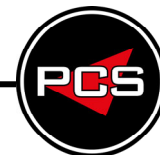
- This course is ideal for those who wish to gain/increase their awareness of mental health in the workplace.

Course Contents:

- About mental health
- About mental health and stress in the workplace
- Stigma and discrimination
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Early warning signs of mental ill health
- Alcohol, drugs and mental health
- Suicide
- Recovery
- Building a mentally healthy workplace

***BESPOKE COURSE | Course Duration, Level & Duration: Depends On Content & Individuals**





Duration: 2 Days
Course Code: SSH47

Course Description:

This Adult Mental Health First Aid two-day course aims to raise awareness of what mental health is so that employers can do more to support their employees. Unfortunately, around one in four people at any one time are affected by mental health problems. The course teaches delegates practical skills to spot the signs of mental illness and gives them the confidence to step in and support a person who needs assistance. Delegates will have a deeper understanding of mental health and what factors can affect wellbeing, and how to encourage a healthier tolerant working environment.

The above course will be delivered by experienced qualified working mental health professionals and qualified first aid assessors.

Who Should Attend Two Day Mental Health First Aid Training?

- This course is ideal for delegates who want to gain necessary skills to enable them to recognise the signs & symptoms of mental health issues in the workplace, be able to have non-judgmental conversations with the person affected and guide them to the right effective support.

Course Contents:

- Why mental health first aid?
- What is mental health and depression?
- Impact of mental health issues
- Statistics
- Stigma and discrimination
- Types of mental health problems and the impact of mental health issues
- Treatment and resources for anxiety disorders
- Alcohol, drugs and mental health
- Bipolar, personality and eating disorders
- Schizophrenia
- Self-harm
- Managing a mental health problem, the law and action plan
- Crisis first aid after a traumatic event
- Supporting mental health in the workplace
- Non-judgement listening skills
- Workplace Adjustments
- First Aid to assist a suicidal crisis or acute psychosis
- Symptoms & risk factors for depression
- First Aid for depression, anxiety disorders
- Self-care
- Recovery
- Action planning for using MHFA

Course Duration, Level & Duration: Depends On Content & Individuals

