

Mental Health Awareness - Half Day Course

Who is this course for?

This half day mental health awareness course is aimed at employees, those working in community settings and individuals who wish to understand more about their own mental health, how common mental health concerns are, and how they can be identified in themselves and others. The course is designed to be an introduction to mental health.

Course Content

The half day mental health awareness course will cover key learning in common mental health conditions and give an overall awareness of mental health within the workplace, community and in family settings. Our half day course may also be a good introduction pathway to our QNUK accredited Level 2 and Level 3 mental health courses.

Key Learning Objectives and Learning Outcomes

On completion of this course, delegates will have the ability to understand the mental wellbeing of their colleagues in the workplace, their family/personal environment through covering the following objectives:

- Understanding and awareness of what mental health is and awareness of stigma around mental health
- Understanding and awareness of stress and its impact on mental health
- Understanding and awareness of mental health for ourselves, family, friends and colleagues
- Understanding and awareness of how individuals may use harmful strategies to cope with a mental health disorder
- Understanding and awareness of ways that people can support an individual with a mental health issue

Dates Ongoing **Time** All half day courses are over 4 hours

Venue Various throughout the UK

Book online at Donovan Academy - info@donovanacademy.co.uk

Group Bookings

For groups of 10 or more we can come to your suited location. If you are interested please email info@donovanacademy.co.uk - You can also call Donovan Academy on 07951 164 931. We look forward to training and educating you on your journey.



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