

# Mental Health Awareness

This one-day workshop aims to develop delegates understanding of mental health so that they feel confident in supporting people who are experiencing difficulty.



**Suitable for:** Anyone with an interest in mental health a supporting others

**Duration:** 6 hours

## **Aims and Objectives:**

- To strengthen participants' knowledge around mental health, well-being and why we become 'unwell'
- To develop participants' understanding of experiences like depression and anxiety so that they better understand how to support people
- To increase participants' confidence in their skills so they can support people in distress sensitively and appropriately
- To explore resources and services that support people managing their mental health

## **Morning Session: An Orientation To Mental Health and Well-being**

- Understanding mental health, well-being and how they support a meaningful life
- Using the Biopsychosocial and Stress Response models to explore why we become 'unwell'
- How coping mechanisms work
- When life exceeds our ability to cope with it – looking at experiences like depression, anxiety and psychosis

## **Afternoon Session: Support Someone In Distress**

- How to help ourselves or someone else in distress
- How to ensure we do not make the situation worse
- How to access longer term support and use coping strategies
- What help is available and how to access it

This course includes elements of didactic teaching, group participation and individual reflection and is most suited to groups of up to 16 participants to ensure maximum opportunity for participation.