



Mental Health Aware



Introduction

Mental Health Aware is an internationally recognised training course designed to teach people how to spot the signs and symptoms of mental ill health. This course gives delegates an introduction to the issues surrounding mental health and aims to promote awareness, tackle stigma and empower delegates to recognise signs and symptoms.



Course Duration

SSG offer this course over four hours as a classroom or virtual course.



Course Attendees

This course is suitable for delegates at any level in any organisation.



Course Programme

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues and factors which can affect mental health
- An introduction to looking after your own mental health
- Stress, stress management and spotting the signs of distress
- Confidence to interact with someone in distress or who may be experiencing a mental health issue
- Take 10 together - starting a supportive conversation
- Mental health toolkit
- Insight into the two-day course and the benefits of becoming a Mental Health First Aider



Training Certification and Assessment

This course is certificated by MHFA England.



Suggested Follow on and Complementary Courses

- Mental Health First Aiders (MHFAiders®)
- IOSH Managing Occupational Health and Wellbeing