

## MANAGING MENTAL HEALTH IN THE WORKPLACE

# Workshop: Mental Health First Aid



<b>COURSE DURATION</b>	Two-day course (half day workshop available for those wanting a 'lighter touch' programme).
<b>COURSE LEADERS</b>	<b>Pat Ashworth</b> Director of Learning Solutions, <b>Helen Moran</b> Learning & Development Manager and <b>Mark Saul</b> Senior HR Adviser.
<b>PRICING</b>	Course prices vary according to number of workshops required. Please contact us for a quote.

### WHO SHOULD ATTEND?

Anyone with people management responsibility, who would like to gain greater knowledge about mental health in the workplace and receive a formal certification from MHFA England.

Courses are designed for up to 16 delegates.

### COURSE OBJECTIVES

- Give delegates a deeper understanding of the issues that impact on and relate to people's mental health
- Provide the practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues and feel confident guiding people towards appropriate support

### WHAT WILL YOU LEARN?

- Develop a greater awareness of mental health
- How to reduce the stigma around mental ill health and feel confident guiding people towards appropriate support
- More knowledge and greater confidence in dealing with mental health issues
- How to encourage people to start a conversation with those experiencing mental health issues

### COURSE MODULES

- **Session 1:** Mental Health First Aid, mental health, depression
- **Session 2:** Depression (cont.) and suicidal crisis
- **Session 3:** Anxiety, personality disorders, eating disorders and self-harm
- **Session 4:** Psychosis, schizophrenia and bipolar disorder