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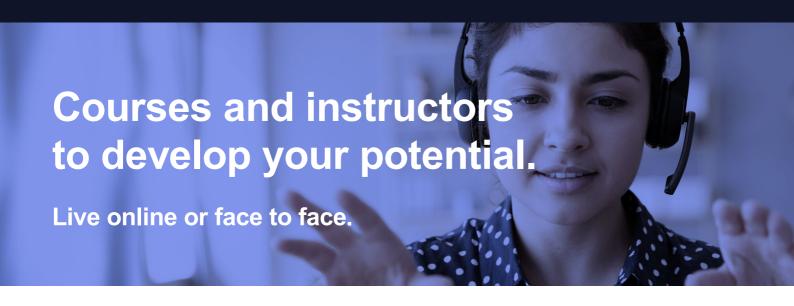
Mental Health Awareness Training DAY

This course aims to give you a better understanding of mental health.

Spot the symptoms and understand what causes mental health issues and why it's so important to have awareness.

Look at the support options available.

What will I learn?

LESSON 1

What do we mean by mental health and mental distress.

LESSON 2

Different models of mental health – medical/biological or psychological and social?

LESSON 3

How race, culture and gender impact on our experience of mental health

LESSON 4

Common versus severe mental health conditions;

Key features

- ✓ Face to face or Live Online
- ✓ Fully certified trainer
- ✓ Get key skills and practical knowledge
- ✓ This course is available for groups and 1-2-1 live online
- ✓ Course materials included
- ✓ Recognised course certificate

Interested?

- 📞 Call us: 01225 308979
- ✉️ Email us: info@go.courses

Common versus severe mental health conditions: neurosis or psychosis?

LESSON 5

Personality disorder: general features, common themes, the different types of personality disorder, causes, treatment and support

LESSON 6

The common mental health conditions: signs and symptoms, causes, treatment and support of anxiety, depression, obsessive compulsive disorder and phobias

LESSON 7

The less-common mental health conditions: signs and symptoms, causes, treatment and support of bipolar disorder and schizophrenia