

FLEXIBLE WORKFORCE DEVELOPMENT FUND – COURSE OUTLINE

Programme Title

Mental Health Awareness

Overview

This Mental Health Awareness short course will equip learners with a greater understanding of mental health issues and help them to understand and recognise the causes, symptoms and support options for a range of common and less common mental health problems.

Programme Objectives

The course will cover:

- Mental health conditions
- Perceptions of mental health
- Experiencing mental health problems
- Different types of mental health conditions including:
 - Anxiety
 - Depression
 - Dementia
- Support to help someone with mental health conditions
- Medication and treatments
- Legal Considerations
- Useful organisations and signposting

By the end of the course participants will have an understanding of:

- Mental health conditions and the main mental health problems that people can face
- Recognising when a staff member is struggling and how to find support
- The experience of having mental health distress
- Strategies for promoting good mental health

(NB these objectives will be used to measure learner's existing knowledge in this area prior to commencement of training and upon completion of training as evidence of distance travelled)

Awarding Body

College certificated

SCQF Level

N/A

Benefits to Employers

- Promoting a mental health conscious workforce and supportive environment
- The development of your workforce can result in benefits to your business including:
 - A positive and supportive workplace culture
 - Increased employee morale
 - An engaged and motivated workforce
 - Reduced absenteeism

Benefits to Employees

- Greater understanding of mental health issues to understand and recognise the causes, symptoms and support options for a range of mental health problems
- Greater confidence in providing support and signposting to staff members

Duration

One day