

Mental Health Awareness

Course Introduction

The qualification is suitable for members of staff who wish to gain a basic insight into the awareness of Mental Health. This course aims to bring down the walls of stigma by sharing our experiences, stories, and truths. It means educating others on what mental illness REALLY is and helping those with illnesses know they are not alone.

Course Pre-Requisites

See below for helplines & support from Mental Health industry professionals:

MIND - 0330 123 3393

Samaritans - 116 123

Shout - Text 'SHOUT' to 85258

Lighthouse Construction Industry Helpline - 0345 605 1956

Course Topics

Introduction
What is Mental Health
What is Mental Illness
Types of Mental Illnesses
Treatments
Available Legislation
Communication

Course Benefits

The Mental Health awareness course is designed to give basic understanding of the differences between Mental Health and Mental Illnesses, it shall also give staff an understanding on how to maintain good mental health.

Qualification Expiry

1 Year