Mental Health Awareness for Adults

In this course you will learn how to support yourself and others in difficult times, coping with stress, building personal team resilience, and dealing with distressed people. You will also learn how to recognise mental health crises, provide immediate support, and help people access resources for long-term support.

At the end of the session learners should be able to:

- Understand how common mental health problems are in the UK
- Understand the different mental health problems
- Understand that anyone can suffer, and that knowing about mental health is important, even if you have not been affected.
- Know where to find additional information and support for people who have mental health problems
- Understand how to improve interactions with people who have mental health problems.
- Understand the role of management and your employer in supporting mental health.
- Understand how to support your colleagues, including ways to talk to them about mental health, and dealing with a crisis.