

MENTAL HEALTH AWARENESS

A 1-day course for front-line staff devised and delivered by
DementiaTrainers

COURSE OUTLINE

- Defining and promoting good mental health
- Facts, statistics and up-to-date research about mental health
- Depression: risk factors, types of depression, how to recognise it
- Bipolar affective disorder: definition and risk factors
- Schizophrenia: a clear definition, causes and consequences of the ethnic bias in diagnosis
- Factors that contribute to mental distress
- Recognising when someone's mental health is causing them or others difficulties
- Help and support available to people experiencing mental health problems
- Some effects of institutions on people
- Anxiety: obsessive-compulsive disorder, phobias, post-traumatic shock disorder
- Meeting individual needs
- Some effective communication strategies when people are mentally distressed
- The bigger picture – the recovery model and long-term perspectives
- Evaluation and certificates