

ENGAGING, RELEVANT, COST EFFECTIVE TRAINING

Mental Health Awareness

£17.50 + VAT



- ✓ Certified by CPD
- ✓ Audio voiceover
- ✓ Downloadable certificate on completion
- ✓ 100% online training
- ✓ No time limits



Our Mental Health Awareness online training course is an introduction to mental health. You will learn about how poor mental health impacts people's lives, what you and employers can do to support colleagues with mental health problems and about several specific mental health conditions.

This training is suitable for all employees who wish to understand more about mental health conditions and the impact these can have in the workplace. This will allow them to support colleagues and adopt positive mental health strategies in the workplace.

The approximate duration of this training is 2 hours.

PURCHASING FOR YOUR ORGANISATION

If you are buying for your organisation rather than for yourself, it is simple for you to add learners, assign training and print certificates. You will have a dashboard to monitor learner progress.

Our training licences **don't expire** and are only assigned to a learner when they launch the training. Substantial discounts are available for bulk purchases.

Learners are able to download their certificate on successful completion of the online assessment.

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Mental Health Awareness

This training course contains the following 15 topics:

1. THE IMPACT OF POOR MENTAL HEALTH

- Tasks that people with a mental health problem can find difficult.
- Some of the more severe outcomes of poor mental health.
- The cost to UK business, and society in general, of mental health issues.
- Which groups of people are more vulnerable to poor mental health.

2. LEGAL AND POLICY ISSUES

- The requirements of the Health and Safety at Work Act in relation to mental health
- How the Equality Act applies to mental health
- The aims of the government's Thriving at Work report
- Relevant issues from data protection legislation

3. WHAT TO DO IN A MENTAL HEALTH EMERGENCY

- What constitutes a mental health emergency
- What to do if you think you may be in danger
- What to do when a person can't be left alone
- Some ways to help a person in an emergency

4. WHAT EMPLOYERS CAN DO

- What constitutes a healthy workplace
- Communication with someone who is off work due to poor mental health
- How to make the return to work easier

MENTAL HEALTH CONDITIONS

5. STRESS

- The impact of stress
- How to reduce your own stress levels.
- What employers must do about stress in the workplace
- 6 aspects of work that impact on stress levels and should be managed by an employer

6. BEREAVEMENT

- The feelings a person goes through on bereavement
- Why it benefits an organisation to support someone appropriately at a time of bereavement
- Some dos and don'ts about bereavement

7. DEPRESSION

- Symptoms and causes of depression
- Specific types of depression - SAD and post-natal depression
- How to support people who are suffering from depression

8. ANXIETY

- 6 types of anxiety disorder
- Possible causes of anxiety disorder
- How to support people suffering from anxiety

9. BIPOLAR DISORDER

- What bipolar disorder is and what might cause it
- symptoms during periods of depression and in periods of mania
- How to support staff with bipolar disorder

10. ADHD

- How ADHD can affect adults
- Possible causes and treatments
- How to help colleagues with ADHD

11. AUTISTIC SPECTRUM DISORDER

- 3 mental disorders in the autistic spectrum
- Problems faced by a person with autism
- Strengths that are common in a person with autism
- How to support staff who have autism

12. EATING DISORDERS

- 3 different eating disorders
- Some warning signs of eating disorder
- What eating disorders mean for employers

13. THE HIGHLY SENSITIVE PERSON

- The concept of the highly sensitive person
- Positive and negative aspects of the trait
- How to get the best out of HSP staff

14. PERSONALITY DISORDERS

- What a personality disorder is, what causes it and how it can be treated
- 6 personality disorders
- What employers should consider for employees with a personality disorder

15. SCHIZOPHRENIA

- What schizophrenia is and what the symptoms are
- Side effects of schizophrenia medication
- What employers can do to help people with schizophrenia

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