
Mental Health Awareness Training

For more information, visit our [Mental Health Awareness Training](#) webpage.

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Mental Health Awareness
- 2 Mental Health Problems
- 3 Wellbeing Toolkit
- 4 External Help

LEARNING OUTCOMES

- ✓ Learn how to take positive steps to remove stigma surrounding mental ill-health
- ✓ Understand different mental illnesses, how to recognise changes in behaviour and what to keep an eye on
- ✓ Learn how happier staff make better, more productive staff and what you can do to support others

ABOUT THIS COURSE

Mental Health is a serious subject. Nearly **two-thirds** of people say that they have experienced mental ill-health and evidence suggests that poor mental health is responsible for almost **13%** of all sickness absence days in the UK.

One of the biggest challenges with poor mental health is removing the stigma that surrounds it. Many don't hesitate to seek help for physical pain or problem, yet so many of us ignore emotional and mental health issues - or we feel too embarrassed, confused or scared to talk about them. This Mental Health Awareness Training discusses mental health the way you would a headache or the flu, and it encourages you to take care of yourself as you would a loved one.

This course raises awareness, it explains how to approach mental health and remove stigma; and it also provides simple tools, tips and ideas for day-to-day wellbeing-management (for yourself and others).

Happy staff equal healthier, more productive and more successful staff. Put simply, good mental health is a win-win for every employee and their organisation.

Download our [free white paper on mental ill-health in UK workplaces](#).