
Mental Health Awareness Training for Carers and Nurses

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

COURSE CONTENTS

This training course is broken down into 4 sections

- 1 Mental Health in Care
- 2 Mental Health Problems
- 3 Wellbeing toolkit
- 4 External Help

LEARNING OUTCOMES

- ✔ Learn how to take positive steps to remove stigma surrounding mental health
- ✔ Understand the mental and emotional impact poor mental health can have on care workers
- ✔ Know where to go for support and learn what you can do on a daily basis to improve your mental health

ABOUT THIS COURSE

The sad truth is that **workers in the care sector have a suicide rate almost twice as high as the national average**. Additionally, workers in this sector are vulnerable to a variety of mental health issues.

In fact, 84% of carers report that they feel stressed, 78% report suffering from anxiety, and 55% report that they have suffered from depression as a result of their work - care workers mental wellbeing isn't always addressed or even considered by their employer.

Workers in the profession have some of the most emotionally challenging jobs imaginable. Caring for vulnerable people themselves, they often prioritise other's mental wellbeing over their own.

Our Mental Health Awareness Training for Carers and Nurses is broken down into 4 easy-to-follow and beautifully animated sections which aim to educate learners on the various types of mental health problems, the science behind our thinking, and where to go to for external help. The course is suitable for anybody working in the care sector, including doctors, nurses, carers, youth workers, social care workers, therapists, charity workers and volunteers.