

## Basics of Mental Health Support

### What is it?

This is a 4-hour training course that provides an overview of the mental health process that your trained Mental Health First Aiders will follow, giving you the ability to support them in the workplace. It also lays the foundations for you to implement your organisation's mental wellbeing plan.

### This course is aimed at:

- Workplaces, schools and individuals
- Individuals wanting to better understand mental health
- Those who are supporting someone with mental health issues
- Staff wanting to be better placed to support their mental health first aiders

### How is it delivered?

This course can be delivered face to face or online via Zoom. It can be completed in 4 x 1-hour sessions over 4 days, 2 x 2-hour sessions over 2 days, or 4 hours in one day.

### How do you complete the course?

The course is interactive with group and individual activities throughout. To complete the course, you must show a good level of participation, show understanding through answering questions during the session and complete any additional activities set out in the workbook. Upon completion, you will receive a certificate for this course.

### Course Outcomes

At the end of the course, you will be able to:

- Understand and define mental health, wellbeing and stigma
- Understand signs and symptoms of some of the most common mental illnesses, including; anxiety, stress, depression, OCD, substance misuse and suicide
- Understand how to give support to someone struggling
- Understand the recovery process

### Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.

**enquiries@shawmind.org** or call **01636 600830**