

Mental Health Champion

OVERVIEW

This course provides a comprehensive understanding of mental health, leading to qualification as a 'Mental Health Champion.'

Emphasising resilience and self-care, it equips participants to confidently offer support to others in various situations. With practical advice, the course enables the identification of signs of declining mental health and guides the application of an action plan for timely assistance, both in emergencies and long-term scenarios. Focused on empathy and early detection, it aims to prevent illness or decline in wellbeing.

LEARNING OUTCOMES

Participation in this course will give you:

- An awareness of common mental health issues
- An ability to spot early warning signs of mental health decline
- A knowledge of on going support groups, networks and charities
- A knowledge of stress and strategies to combat it
- An ability to utilise the A.C.T.I.O.N.S acronym for mental health support

CONTENT

Module 1

- What is mental health?
- Thoughts, feelings & behaviour How common are mental health problems?
- Mental health as a spectrum
- Mental health alarm bells
- Stigma Wellbeing & recovery

Module 2

- What is pressure?
- What is stress, and how might it make us think, feel & behave?
- Helpful wellbeing strategies
- Unhelpful coping methods
- Stress self-care (I. A.M. C.A.L.M.E.R.)

Module 3

- Our role as a 'Mental Wellbeing First Aider'
- How to approach someone who may have a mental health problem
- What is a crisis?
- Talking & listening
- Getting help & support
- Promoting wellbeing Looking after ourselves

Module 4

- What is anxiety?
- Anxiety Disorders
- Anxiety alarm bells
- A.C.T.I.O.N.S. for anxiety
- Common anxiety problems & chronic cycles

Module 5

- What is depression?
- Why do people experience depression?
- Alarm bells
- Psychotic symptoms
- Suicide
- A.C.T.I.O.N.S. for depression

FORMAT

FACT3 Ram Mill or Spinningfields Office and/or Virtually
2 x 5 Hours

PRICE

£350 (per participant)

TO BOOK

academy@fact3.co.uk

This course is available for delivery in your workplace to a group of up to 10 participants, cost £2000