

Mental Health Refresher

OVERVIEW

This awareness course covers the foundations of Fundamental Wellbeing First Aid. Teaching individuals how to spot the early signs of a mental health issue along with how to offer and provide initial help.

We encourage open and honest conversations around stigma, stress, and pressure and we use our practical action plan A.C.T.© to appropriately help someone both in an emergency and as a longer-term solution.

LEARNING OUTCOMES

Participation in this course will give you:

- Knowledge of what is mental health
- An awareness of stigma & discrimination
- An awareness of the mental health spectrum
- A knowledge of recovery & wellness
- A knowledge of stress & pressure
- A knowledge of how to get help & support
- An ability to use your A.C.T.© plan

FORMAT

Delivered Virtually
4 Hours

PRICE

£175 (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 £750