

Mental Health Supporter

OVERVIEW

On this 1 day course, participants will gain an insightful understanding of mental health and wellbeing.

Packed with practical advice, you will be able to spot signs of declining mental health, and by using our practical action plan A.C.T.© – be able to appropriately offer someone help both in an emergency and as a longer-term solution.

We look at common mental health illnesses such as depression and anxiety, challenge stigma and learn about stress, alarm bells, coping methods, recovery, self-care and so much more!

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
- An awareness of Stress self-care
- An knowledge of how to get help & support
- An awareness of your role as a Mental Wellbeing Supporter
- An ability to use your A.C.T.© plan

FORMAT

Delivered at FACT3 Spinningfields or FACT3 Chadderton office
5 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, at a cost of £750