

Aim of this course:

The aim of this training is to increase awareness of what is meant by mental health. Mental health is a concern for us all, as mental health problems are the most common cause of all health problems. However, mental illness is still steeped in stigma and fear.

Increased awareness of how an individual is affected by a mental health problem will assist staff to understand how they may feel, leading to how they may behave. This understanding enables staff to give more effective support to assist the individual reach a **state of well-being**, (as described by the World Health Organisation) **where they can realise their own potential, to cope with the normal stresses of life, to work productively and fruitfully, and be able to make a contribution to their community.**

This workshop is a stand-alone-course that has strong links to the NAPPI Positive Behaviour Support continuum. The more staff are aware about how an individual has been affected by mental illness, the more that can be done to reduce **behaviour of concern** and empower them to have a better quality of life.

This 3 hour Mental Health Awareness workshop covers the following modules:

- Introduction and needs assessment
- Definition of mental health
- Identify who is at risk of a mental health problem
- Group factors
- Common groups of mental disorders
- Self-harm & suicide
- Risk factors of mental health disorders
- Coping & well-being

Method of training:

A variety of presentation skills including demonstrations, discussions and group work. Performance objectives are established and checked after each module. Participant's performance is monitored and certificates issued that identify the modules successfully completed.

Important points to remember:

- This 3 hour workshop will start promptly at either 9.15 am and finish at 12.30 pm (if it is a morning session) or 1.30 pm and finish at 4.45 pm (if it is an afternoon session). Please allow ample time to get to the venue and find parking (if necessary).
- There will be a 15 minute comfort break during the workshop. Tea, coffee and biscuits will be available during these breaks.
- If you are attending both a morning and afternoon workshop there will be a break of 60 minutes between the sessions. Lunch is not provided.

Become a Mental Health Awareness Trainer:

New to training?

1. Attend this workshop.
2. Attend a one-day Trainer Skill Development workshop. Contact NAPPI for details.
3. Provide a video recorded micro-teach delivery, you can be recognised as being an occupationally competent licensed Mental Health Awareness trainer.
4. Purchase a trainer licence.

Are you a Trainer already?

1. Attend this workshop.
2. Evidence a Teaching or training qualification. Contact NAPPI for details.
3. Provide a video recorded micro-teach delivery, you can be recognised as being an occupationally competent licensed Mental Health Awareness trainer.
4. Purchase a trainer licence.