



ADULT MENTAL HEALTH AWARE



This introductory **3 ½ hour** session raises awareness of mental health - your own, your colleagues, your friends and family and has been **pecially adapted to be delivered online over Zoom**.

It is designed to give you:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Format

- Learning takes place through **a mix of presentations, group discussions and videos**
- We limit numbers to 12 people per course so that the instructors can keep people safe and supported while they learn



Takeaways

Everyone who completes the session gets:

- A certificate from MHFA England to say you are Mental Health Aware
- A comprehensive MHFA England manual to keep and refer to whenever you need it

Programme content

- What is mental health?
- Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress, stress management and spotting signs of distress
- Mental health conditions:
 - Depression Eating disorders
 - Anxiety Suicide
 - Psychosis Self-harm
- Recovery Supporting mental health in the workplace
- Take 10 Together - starting a supportive conversation
- Useful statistics Helpful resources



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Your trainers

MHFA England offer a range of courses tailored for people in the workplace and those who teach, work, live with and care for young people aged 8 to 18. The courses can be attended by anyone from age 16 upwards. Every MHFA course is delivered by a quality assured instructor. **Jane Neil and Kathryn England** have been delivering MHFA training since July 2017 and **have trained over 1000 people during that time.**



Costs

As our valued partners, we would like to offer this training opportunity to you at cost.

That is **£15 per person** for the Official MHFA manual including postage and packing.

Please contact

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for further details and to sign up for the course.

Lifespace's response to Covid-19 is being supported by



Lifespace is a charity registered in England and Wales No.6425920

Find out more at www.lifespace.org.uk