

# Enrichment: Mental Health Awareness

## Course overview

---

This course is suitable for those who want to gain a greater awareness of workplace mental health, recognise early symptoms of common mental health illnesses and become aware of what can support positive wellbeing in themselves and others. You will also be given the confidence to promote mental health awareness.

This course touches on subjects that some people may find distressing, including suicide and self-harm. Please consider this information before enrolling on the course.

## What will I study?

---

You will explore:

- mental health and stress
- stigma and discrimination
- early warning signs of mental ill health
- a range of mental health issues (such as depression, anxiety disorders, eating disorders, self-harm and psychosis)
- alcohol, drugs and mental health
- suicide
- recovery

## Assessment method

---

You will participate in discussions and receive verbal feedback from the tutor throughout the workshop.

## Entry requirements

---

There are no specific requirements however you will need a good understanding of English.

## What should I bring with me?

---

You will need to take notes so bring along your preferred tools such as a pen and paper or an electronic device.

## Key information

---

Code	Date	Time	Location	Full Fee	Concessionary Fee
7111CP	Wednesday 19 May 2021	9.30am to 12pm	Dagenham	£9.00	£5.00

## Possible next steps

---

You will be supported to enrol on to the most suitable course for you following the successful completion of this course.

## Contact us

---

Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722