

CPD: 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 their own and others' positive wellbeing. 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, 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 solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

Where possible this course will take place on site with social distancing measures in place. In the event of a lockdown, the course will take place online via MS Teams.

Possible next steps

Following the successful completion of this course, you will be supported to enroll on to other suitable CPD or wellbeing courses or onto other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722