



MENTAL HEALTH 101

ENABLE YOUR STAFF TO RECOGNISE THE SIGNS AND SYMPTOMS OF MENTAL DISTRESS AND RESPOND APPROPRIATELY.

Mental health first aid is the help given to someone showing signs of a mental health issue such as depression, anxiety, stress, or substance misuse or who is experiencing a mental health crisis.

IMPROVE WORKPLACE WELLBEING AND MENTAL HEALTH

This half day training course will help your staff to identify someone who may be struggling with their mental health. We aim to provide them with skills and confidence to engage in conversations with those they are concerned about. We explore signs and symptoms of poor mental health and learn how to recognise when someone is struggling and how to respond appropriately.

TOPICS COVERED IN THIS TRAINING ARE:

- Mental health and mental illness unpacked
- Legislation - obligations
- Concious/unconscious bias
- Signs and symptoms to look for
- Critical response for someone in crisis
- Case studies. Recognise and respond
- Where and when to refer



**GIVE YOUR STAFF THE CONFIDENCE TO RECOGNISE SIGNS AND HELP IMPROVE
MENTAL HEALTH IN YOUR WORKPLACE TODAY!**