



# Half-day Adult Mental Health Awareness course

## Half-day Adult Mental Health Aware course

The updated Adult half-day course is a four-hour session designed as an introductory mental health awareness course.

At the end of the course, you will be able to:

- Define mental health and some mental health issues
- Understand factors that affect mental health
- Identify the stigma and discrimination surrounding mental health issues
- Feel more confident about starting mental health conversations
- Understand how to look after your own mental health

Numbers are limited to 20 people per course so that the instructor can keep people safe and supported while they learn.

Everyone who completes the Adult MHFA half-day course receives the Adult MHFA half-day manual and workbook plus a certificate to say they are MHFA Aware.

Learning takes place through a mix of presentations, group discussions and workshop activities.

The session covers:

- What is Mental Health?
- The Mental Health Continuum
- Factors which affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental Health conditions
- Recovery
- Take 10 Together – starting a supportive conversation

For more information or to enquire about a workshop, contact Deborah on 01724 858799 or 07804 247372 or email [deborah@wrightmindtsl.co.uk](mailto:deborah@wrightmindtsl.co.uk)