

Mental Health Awareness Training

Overview

This awareness session equip participants with a greater awareness of mental illness, an understanding of the symptoms and signs of common mental illnesses, including suicide, and steps for supporting a colleague who may be experiencing an existing or emerging mental health problem.

Challenges addressed

Challenges addressed by the session include:

- ◆ **Maximising understanding about mental illness.** The session informs participants about mental illness, including statistics, and why the knowledge is important.
- ◆ **Creating clarity about the signs and symptoms of a mental health problem.** Participants will learn key signs and symptoms of common types of mental illness, including suicide.
- ◆ **Knowing how to respond to mental health problems.** Participants will learn key steps to support someone with an existing or emerging mental health problem.

Key outcomes

The key outcomes or objectives for this session include:

- ◆ Understanding of what mental health is and why it matters.
- ◆ Awareness of signs and symptoms of poor mental health.
- ◆ Increased confidence to have a mental health conversation or to suggest speaking to a Mental Health First Aider.
- ◆ Knowledge of mental health resources for either self or supporting others.

Who is it for?

The session suits staff or leaders (please note the leaders' version of this offering).

Time and delivery mode

The session is 2 hours in length. Suitable for either in-person or online delivery to groups ranging from 15-20.

Investment

Fee information available upon request.