

Remote Mental Health Awareness

Accreditation	MHFA
Course duration	Half Day
Certificate valid for	Never expires

Who should attend

Any person who wishes to learn more about mental health issues or who, in their course of work, are required to understand in greater detail health distresses or early recognition triggers of someone who maybe suffering from mental health issues, and be able to sign post to other professionals, as required.

Course information

Overview

This remotely facilitated introductory four-hour session raises awareness of mental health. It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

Learner Numbers

In order to ensure the interaction between the learners and the tutor is spread evenly and effectively, the maximum number of learners allowed on a course is 10.

Assessment

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

Certification

Everyone who completes the course gets:

- A certificate of attendance to say you are Mental Health Aware
 - A manual to refer to whenever you need it
 - A workbook including a helpful toolkit to support your own mental health
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More details

Essential Site Skills also offer the 2-day Mental Health First Aider (MHFA) and refresher courses. In addition, the 1-day MHFA champion. Please note, these are not currently being offered for remote delivery