

Who should attend?

This one-day course is aimed at those people who have little or no previous training in mental health, but who may, as part of their work, come into contact with people suffering from mental health problems.

The course is ideal for organisations such as:

- Voluntary Services
- Housing and Benefits staff
- Front-line staff within health/ social care
- Schools, Colleges and Businesses
- Human Resources personnel
- NHS staff

Participants are encouraged to express frank opinions and share experiences.

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Hull and East Yorkshire Mind
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Company Number: 4936165
Charity Registered in England



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Understanding Mental Health Conditions

MindWorks can increase the performance of your staff by further educating them in the area of mental health. Learn how to deal with difficult situations more effectively, resulting in a more competent workforce.



Tel: 01482 240134

Course Aims

To examine in honest detail the preconceptions and fears we all have about mental ill health.

To increase awareness of mental health issues and understand the impact that mental health problems can have on an individual's day to day functioning.

To increase awareness and confidence when coming into contact with clients and employees with mental health issues.



Objectives

By the end of the course you will:

- Understand the terms "mental health" and "mental illness"
- Be aware of the general assumptions and prejudices about mental health problems
- Recognise some of the signs and symptoms of mental health problems
- Have a basic knowledge of some common mental illnesses including depression, anxiety, SAD, OCD, panic attacks, eating disorders, schizophrenia and bi-polar disorder
- Understand how it might feel to have a mental health problem



- Know how to communicate more effectively with people who have mental health problems
- Be introduced to basic tools for coping with mental ill health at work.

The emphasis of the course is on learning through experience.

There will be discussion and inter-active practical exercises throughout the day.

