

Mental Health Awareness

All Wales Induction Framework Workbooks 3 & 7 – Sections 3.13-3.14 & 7.10
CPD Accredited – 6 hours of CPD credits

BACKGROUND:

The term mental health is used to refer to people with an extremely broad range of experiences, difficulties and behaviours. Many people given the same diagnosis will have very different experiences and it is common for people to be given a diagnosis of more than one mental health issue.

TARGET GROUP:

Staff who are working directly or indirectly (support provision) with individuals who have mental health or wellbeing issues. Many individuals with mental health issues can reduce symptoms and improve their quality of life with a combination of professional input including person centred support from service providers.

COURSE AIM:

The course aims to improve staff knowledge, and raise awareness of mental health and its impact on service delivery. Mental health issues are caused by a complex interplay of genetics, the environment, and other outside factors.

LEARNING OUTCOMES:

1. Increase your understanding of the issues relating to mental health
2. Recognise and understand the terms “mental health”, “mental disorder” and “mental illness”.
3. Develop an awareness of different mental health conditions.
4. Enable you to feel more confident with those you support with mental health issues.
5. Enhance your ability to observe, recognise and support people with mental health conditions.

ORGANISATIONAL BENEFITS:

Improved staff knowledge, practice and service delivery. Promoting safe working practices in line with Health & Safety at Work Act 1974 and Management of Health & Safety at Work Regulations 1999, whilst valuing and empowering support staff to deliver quality support services and follow good practice guidelines. **This 1-day training session supports and compliments the new All Wales Induction Framework. We invite delegates to bring along workbooks 3 & 7, where sections 3.13-3.14 and 7.10 will be covered during the session. This training activity is CPD accredited and equates to 6 hours of CPD credits.**

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk