

MENTAL HEALTH AWARENESS

Mental health has become far less of a 'taboo' subject in recent years. This training raises awareness of mental health (particularly stress, depression and anxiety), provides tools and guidance for daily wellbeing-management, and aims to remove the stigma surrounding mental health.

Mental Health is a serious subject. Nearly two-thirds of people say that they have experienced a mental health problem and evidence suggests that poor mental health is responsible for almost 13% of all sickness absence days in the UK.

One of the biggest challenges with poor mental health is removing the stigma that surrounds it. Many don't hesitate to seek help for a physical pain or problem, yet so many of us ignore emotional and mental health issues – or we feel too embarrassed, confused or scared to talk about them.

This Mental Health Awareness course discusses mental health the way you would a headache or the flu, and it encourages you to take care of yourself as you would a loved one. It explains how to approach mental health and remove stigma; and it also provides simple tools, tips and ideas for day-to-day wellbeing-management (for yourself and others).

Happy staff equal healthier, more productive and more successful staff.

Put simply, good mental health is a win-win for every employee and their organisation.

Learning overview:

- Mental health awareness
- Mental health problems
- Wellbeing toolkit
- External help

Assessment:

This training programme concludes with a 20 question multiple choice test with printable certificate. In addition, brief in-course questionnaires guide the user through the sections of the training, and are designed to reinforce learning and ensure maximum user engagement throughout.

Cost: Registration fee £16 + VAT for full and associate CECA Midlands members.

Award: E learning certificate

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Booking Form – please complete and return to admin@cecamidlands.co.uk one per delegate.

Company name:		Company contact name:	
Company email:		Contact tel:	
Delegate name:		Job title:	
Delegate email:		Delegate tel:	
Accounts Name:		Accounts email:	