

Mental Health Awareness Half Day

Course Aims

- Increase awareness of the prevalence of mental health challenges
- Improve understanding of common mental health problems
- Provide resources to utilise when supporting individuals that are experiencing poor mental health

Learning Outcomes

- ✓ Gain awareness of mental health
- ✓ Understand and recognise causes and symptoms of common and less common mental health problems
- ✓ Understand the support options available

“Thank you, it was most informative and really useful. I work in HR and will be signposting staff to the resources where appropriate.” - Learner 2022

*Start a new chapter
Dechrau pennod newydd*

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