

Mental Health Housing Full Day Training

A full day course to support individuals working in the housing sector or providing housing related services. Poor mental health and housing are often linked. Issues associated with poor mental health can make it harder for individuals to cope with housing problems, while being homeless, or having problems in your home, can cause or exacerbate existing mental health conditions.

This course provides an insight into Mental Health and the impacts on housing and provides learners with tools to support tenants and service users.

Learning Outcomes

- ✓ What is Mental Health?
- ✓ Mental Health & Housing/Homelessness (at risk)
- ✓ How can Mental Health issues impact upon managing a tenancy?
- ✓ Common Mental Health problems / Treatments / Medication
- ✓ The links between Mental Health & Trauma
- ✓ Encouraging engagement with services
- ✓ Effective and safe engagement techniques
- ✓ Practical adaptable tools enabling professionals to offer appropriate support
- ✓ Coping mechanisms pending acceptance / assessment via Mental Health Advocacy

***'[The] course was delivered really well by [the trainer], greater insight into Mental Health which can be introduced into my work in supporting clients who suffer with mental health.'* - North Wales LA**

*Start a new chapter
Dechrau pennod newydd*

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