



Mental Health Awareness

Duration: 7 Hours

Cost: £1250

Delivery: In Person or Online

This course is designed to provide participants with a foundational understanding of mental health and mental illness. This course equips individuals with the knowledge and skills to understand, support, and promote mental well-being in themselves and others.

Course Aims:

- To increase understanding around mental health and mental illnesses.
- To challenge misconceptions and stereotypes surrounding mental illness.
- To promote open and supportive conversations about mental health.
- To provide strategies for maintaining positive mental health.
- To identify resources and support systems to support people that may be experiencing mental health problems.
- To improve empathetic listening and communication skills when discussing mental health.

Course Outcomes:

Learners will:

- Have a better understanding of mental health conditions, their symptoms, and causes.
- Be more knowledgeable about available resources and support systems.
- Have developed a more positive attitudes towards mental illness, challenging negative stereotypes and misconceptions.
- Feel more comfortable discussing mental health concerns.
- Have improved strategies for self-care and stress management.
- Be more confidence in ability to provide initial support to others.

Details

| In- person | Online |
|---|---|
| £1250 | £1250 |
| Maximum 18 Attendees | Maximum 25 Attendees |
| Full Day 30 minute lunch break plus 2 comfort breaks | Full Day 30 minute lunch break plus 2 comfort breaks |

*Prices exclude VAT

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

Book Your Training Today

To book one of our courses, or to request more information, or receive a no-obligation quote, please get in touch with our friendly team at Learn@storicymru.org.uk or use the enquiry form on our website. We'll be happy to assist you with any questions and help you find the training that best suits your needs.

Bespoke Training Tailored to You

If you have specific training needs, we would be delighted to collaborate with you to develop a programme that aligns with your objectives and empowers your team to excel.

Please reach out to us to discuss how we can support your organisation's growth and success.