

Training Courses for Mental Health

Understanding Mental Health

2010 - 2011

A half day introductory course to understanding mental health and mental health problems.

Learning Outcomes

Course participants will;

- Have an increased overall awareness about mental health and mental health problems
- Be more confident in providing advice and support to people with poor mental health
- Be better able to identify and respond to risks in relation to mental health problems
- Have a greater knowledge of local opportunities and sources of help for people with poor mental health

This course will be of use to anyone working in Manchester, especially in organisations that deal with the public or where there is an interest in workplace mental health. It will serve as a good introduction to further training, for example the Interventions for Mental Health in Everyday Practice (IMHEP) course. We will be pleased to take enquiries from Manchester organisations that require training for a number of their staff.