

## Mental Health Awareness

### Half Day Course

The Adult MHFA Half Day Course is a Mental Health Awareness Course aimed at anyone who would like to increase confidence in their knowledge about Mental Health, their ability to start a conversation about Mental Health and to be able to recognise when their own Mental Health needs to take priority.

The Adult MHFA Half Day Course is not the full Adult MHFA Two Day Course and won't teach you to become a Mental Health First Aider.

The Adult MHFA Half Day Course is to enable you to increase your knowledge in:

- Mental Health and Mental Health issues
- Factors affecting Mental Health
- Stigma and its impact on recovery
- Beginning a conversation with someone about their Mental Health
- Looking after your own Mental Health

#### How the Course is Delivered

The course is delivered in one session of 4 hours duration. It can be delivered both in a classroom setting or on-line.

This course outline shows the running order of the course:

- Stigma.
- Stress and Stress Management.
- Spotting signs of distress.
- Mental Health Conditions.
- Recovery.
- 'Take 10 Together' – Starting a supportive conversation.
- My Mental Health toolkit.

#### What you Will Learn

Everyone who attends an Adult Mental Health Half Day Course will learn to:

- Define Mental Health and Some common Mental Health issues.
- Understand factors that affect Mental Health.
- Understand the Stigma and discrimination surrounding Mental Health issues and how this deters people in need seeking help.
- Feel more confident about starting Mental Health conversations.
- Understand how to maintain their own Mental Health.
- Be more aware of the Mental Health of your family, friends and colleagues.