



## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

This course has been developed for all staff that require an awareness of what mental health is and how this links to diagnosed Mental Health Conditions.

This course focuses on mental health as a whole and how we all have mental health, mental ill-health and mental well-being.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires, a video clip, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ The Care Certificate Standard 9
- ◆ Skills for Care – Common Core Principles to Support Good Mental Health and Wellbeing in Adult Social Care
- ◆ World Health Organisation- Mental Health Action Plan 2013-2020
- ◆ NICE- Impact mental health

## Course Content

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- ◆ What does mental health mean?
- ◆ How to have good mental health
- ◆ Main types of mental health diagnosed conditions
- ◆ Benefits of early intervention in promoting and individual's mental health and wellbeing
- ◆ How to support a person experiencing mental health changes

## Learning Outcomes

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After attending this course, learners will be able to:

- ◆ Give an overview of what mental health means
- ◆ Describe how to have good mental health
- ◆ List some types of mental health diagnosed conditions
- ◆ Describe the benefits of early intervention in promoting an individual's mental health and wellbeing
- ◆ Give an example of how to support a person experiencing mental health changes

**Duration: 3 Hours**