

An Introduction to Mental Health

This three-hour session has been developed to provide participants with an introduction to mental health.

The programme aims to provide education around mental health disorders and provides information on how best to communicate and support individuals, including signposting to relevant agencies.

Programme Objectives

By the end of the session, delegates will be able to:

1. Define what is meant by mental health
2. Describe the factors which influence a person's mental health
3. Describe featured mental health disorders
4. Identify how best to support someone who is experiencing mental health distress.

Additional Information

This is a highly interactive programme which will provide an underpinning understanding of mental health disorders.

Duration: Three hours