

Mental Health Awareness

Mental Health

Who is this course aimed at?

This course is aimed at people requiring a Level 2 in Mental Health Awareness covering causes and types of mental illness, personality disorders, psychosis and wellbeing.

Course Aims

To gain an understanding of the types of Mental Illnesses that may affect Residents and how best to support them.

Learning Outcomes

- Be aware of the history of mental health treatment in the UK
- Recognise the stigma surrounding mental health
- Understand how mental health impacts the care sector
- Recognise the key legislation underpinning the treatment of mental illness
- Be aware of the causes of mental health conditions
- Be aware of the different ways mental illness can manifest
- Know symptoms of some mental health illnesses
- Be aware of the different types of personality disorders
- Recognise the symptoms of psychosis and schizophrenia
- Know how psychosis and schizophrenia are treated
- Understand the difference between learning difficulties and learning disabilities
- Recognise the impact of stress on wellbeing and mental health
- Know ways to look after your mental health
- Know the Roles and Responsibilities of staff in care homes
- Know of different resources and organisations available to support those with mental health issues

Course available as

E-Learning

Course Length: 80 Mins

Face to Face

Course Length: 6 Hours

Contact Us

For more information, or to book any of our courses, please contact us on 01706 375578