



Mental Health Awareness Training

This one-day course aims to spark a conversation about mental health and the impact it has on the world around us. Due to the prevalence of poor mental health, it is likely that delegates will know someone (a family member, friend or colleague) who is affected, or be affected themselves.

Delegates will also learn about the origins of poor mental health, prompting discussions about how we feel these in our mind, bodies and social positions.

Suitable for: Non-clinical NHS staff, social care and council staff, VCSE staff

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Content

- The impact of poor mental health within the biopsychosocial model.
- The effects of stigma attached to mental health.
- The origins of poor mental health and some common mental health conditions.
- A focus on diagnosis. E.g. Anxiety, Depression, PTSD, Paranoia, psychosis, and associated conditions.
- Emotional Regulation.
- The effect of Psychiatric medication and how this may affect a client's physiology.
- Explore and understand the challenges faced and how to promote hope and empathy.
- Preparing delegates for working with people and how to support

Dates

29th June 2023 (09:30-16:30) - Online via Zoom

4th July 2023 (09:30-16:30) - Carrowbreck House, Norwich

18th July 2023 (09:30-16:30) - Elizabeth House, Dereham

To find out more and if you're eligible to book onto a course please:

Visit: www.norfolkandwaveneymind.org.uk/ics-training

Email: training@norfolkandwaveneymind.org.uk

Call: 0300 330 5488

