

Mental Health Champion - 1 Day

Course Aim

The aim of this course is to provide the knowledge and understanding of how to build a mentally healthy workplace, support positive well-being, challenge the stigmas that surround mental health and provide Mental Health First Aid to some of the most common mental health issues.

Agenda

- Mental health & stress in the workplace
- Stigma & discrimination
- Recognising & understanding common MH issues
- Applying the Mental Health First Aid action plan

Who Should Attend?

This course is aimed at delegates of all experience levels however would be particularly suited to delegates that are in management or supervisory roles.

Course Duration

This is a 1 day course.

Maximum Delegates

Maximum attendees: 12 delegates.

Certification

Delegates successfully completing the course will receive an Adult Mental Health