Mental Health Awareness

**AIM** This course teaches participants how to recognise and respond appropriately to signs of mental ill health.

At the end of the course participants will:

- Understand the concept of mental health and the myths that can contribute towards stigma
- Identify signs + symptoms of common mental health conditions
- Feel more confident when responding to people in distress
- Identify support options available

This 1 day course achieves this by raising your awareness about the different mental health conditions and helping people understand the vital importance in the prevention of and recovery from emotional and psychological difficulties. You will also learn how to recognise mental health issues in others and how to guide people towards professional help.

**BOOK NOW**  training@commlinks.co.uk  www.commlinks.co.uk