

Mental Health Awareness

Designed for:

All those in social care settings working with and supporting others who may experience mental health distress and/or illness.

Learning objectives:

During the day, participants will

- Identify and use appropriate / up-to-date language and terminology in relation to mental health problems
- Demonstrate a basic awareness of how people with mental health problems have been supported throughout history
- Discuss a range of possible causes of mental health problems
- Develop awareness of common types of mental health conditions (psychosis / neurosis / paranoia / affective disorders / schizophrenia / personality disorder etc.)
- Discuss public perceptions, attitudes and media portrayals of mental health problems
- Appreciate some of the difficulties / impairments experienced by people with mental health problems
- Explore principles of best practice in supporting service-users with a mental health problems.
- Consider how services might provide needs-led, person-centred support (Maslow, Holistic approaches, talking therapies, medication, complimentary therapies, Medical vs social model etc.)
- Source further material on mental health problems that may be helpful, including suggested authors / websites etc.