

Being Aware

Summary

This workshop focuses on practice, not policies. Particularly suitable for front line staff and anyone with little or no knowledge of mental health conditions. This 3 hour workshop (which will include a short break) covers:

- Stress, anxiety, depression, bi-polar disorder, psychosis, schizophrenia, personality disorder, eating disorder
- Being with someone who is distressed

Aims

The aims of the session are:

- 1) To improve understanding of mental health conditions
- 2) To consider each of the main diagnoses – causes, symptoms, treatment & recovery
- 3) To consider aspects of being with someone who is distressed.

Content

- Overview of aims and objectives
- Introductions - including asking each participant what they would like to gain from the session
- A mental health awareness quiz
- What is mental ill health? This provides an overview of what is meant and not meant by the term 'mental health'.
- Presentation, discussion and group exercise looking at stress, anxiety, depression, bi-polar disorder, psychosis, schizophrenia, personality disorder, eating disorder (including treatment and recovery)
- How to respond to distress
- Signposts to further support
- Review, evaluation form & handouts
- Availability to be contacted by participants for information and advice after the courses for an unlimited time