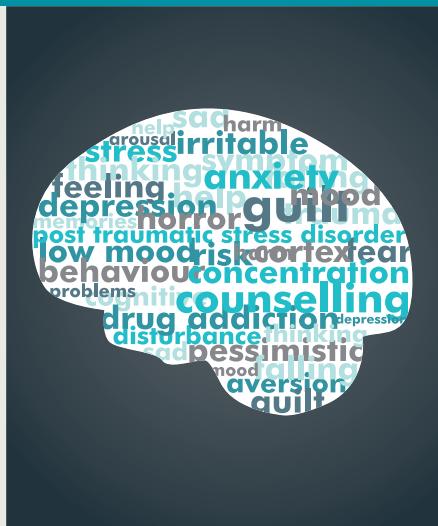


# Mental Health Awareness Training

On this training delegates will learn how to spot the signs and support people who have possible mental health issues. This is an interactive course that aims to increase the knowledge and confidence in staff so that they can make their service users feel safe, supported and understood.

## Course content:

- Different mental health disorders
- Dispelling common myths
- Warning signs and risk factors
- Mental health and the law
- Promoting resilience and mental wellbeing



All delegates receive a delegate pack and a USB memory stick with training materials.

This in house training is suitable for staff at all levels who work directly or indirectly with service users who have mental health issues.

[www.staceymillerconsultancy.co.uk](http://www.staceymillerconsultancy.co.uk)  
[info@staceymillerconsultancy.co.uk](mailto:info@staceymillerconsultancy.co.uk)  
tel: 07703 670 654

