

PROMOTING POSITIVE MENTAL HEALTH IN THE WORKPLACE

One in four people in the UK will be suffering from mental distress severe enough to warrant a visit to the GP (MIND 2006; ONS 1991)

This is a workshop for all health and social care staff working in a variety of settings who need to increase their knowledge and understanding of their own mental health in the workplace. It is also invaluable for staff working with service users within the 'mental health' system.

The aim of the workshop is to increase staff understanding of the mental health needs and difficulties which people may experience and that they themselves may experience in the course of their lives.

We aim to 'normalise' mental distress by helping participants explore definitions of mental ill health and mental health. We also focus on positive interventions with service users such as the 'Recovery & Social Inclusion' Model.

The workshop will consist of group exercises, case studies, presentations and facilitation by service users, dvd material and discussion.

COURSE OBJECTIVES

- To explore concepts of 'mental health and mental ill health' and the range of mental distress which people may experience
- To explore the behaviours, thoughts and feelings associated with mental health difficulties and periods of mental distress
- To discuss issues which staff may have when managing the care of people with mental health needs
- To explore communication skills with people with mental health needs.
- To explore positive strategies and interventions when working with people experiencing mental distress

Participants will gain greater confidence and understanding in the area of mental health and be able both to care for themselves and the people they work with, more effectively.

This course also provides participants with an opportunity to reflect on standards of good practice set out in the Code of Practice for Social Care Workers GSCC.

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