

## **MENTAL HEALTH AWARENESS**

This is a one, or two day workshop for non-clinical staff working with, and providing care for people with mental health needs in a variety of settings.

The two day workshop allows more time for in depth discussion of the issues and material regarding 'hearing voices' personality disorder, dementia and extra video material as a learning tool can be used.

The aim of the workshop is to increase staff understanding of the mental health needs and difficulties which people may experience, and to assist good practice in the management of their care.

The workshop will consist of group exercises, case studies, presentations by the trainer and a service user, video material and discussion.

This course also provides underpinning knowledge for the skills knowledge and values component of the National Occupational Standards Health & Social Care levels 2 and 3.

### **COURSE OBJECTIVES**

- To explore the range of mental health needs which people may have
- To explore the behaviours, thoughts and feelings associated with mental health difficulties
- 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.

As a result of this workshop staff will:

- Have increased their understanding of the mental health problems which people may experience
- Be able to identify the main problems of thoughts, feelings and behaviours associate with mental health problems
- Have had the opportunity to explore communication skills when assessing people with mental health needs
- Be able to participate more effectively in the planning of care for people with mental health difficulties.