WOMEN & MENTAL HEALTH

This is a one day workshop for workers who work in housing, social work, health care or welfare settings.

It examines and explores issues around women's role in society, and women and the mental health system. It will include reflection on gender and mental distress, and issues of differential diagnoses.

The workshop will give participants the opportunity to explore women's mental health with particular reference to mental health problems women may experience at certain points in her life cycle. As part of the workshop we shall also be discussing the link between sexual abuse and deliberate self harm, an issue which workers may come across in the course of their work.

We shall be working with case studies, group discussion and video material. Each participant will be given a full information pack.

This workshop will be facilitated by a specialist trainer and a service user who will also be giving a presentation about her experience of being a mother with a mental health problem, the impact of this on her children, and her own journey through the psychiatric system.

This powerful personal testimony is an incredible learning tool for participants and is a highly recommended course.

Jessica Mckoen
Mental Health Trainers 2008