

Mental Health Awareness Training – Leader Laura Beswick Training

The Mental Health Awareness course is for anyone wishing to improve their understanding of mental health. Participants learn how to spot signs of distress, how to approach and support someone in distress or who may be experiencing a mental health issue as well as learn techniques to look after their own mental health.

On completing the course you will get: a certificate to say you are Mental Health Aware, a manual to refer to whenever you need it and a workbook including a helpful toolkit to support your own mental health.

The follow on from this course is the Mental Health First Aid course. This not currently offered by UoM.

Sessions are held on a weekend (usually Saturday) in person

10am – 2pm

or

3pm to 7pm

1 x 4 hour course