

# Mental Health Awareness

## Course Introduction

The qualification is suitable for members of staff who wish to gain a basic insight into the awareness of Mental Health. This course aims to bring down the walls of stigma by sharing our experiences, stories, and truths. It means educating others on what mental illness REALLY is and helping those with illnesses know they are not alone.

## Course Pre-Requisites

See below for helplines & support from Mental Health industry professionals:

MIND - 0330 123 3393

Samaritans - 116 123

Shout - Text 'SHOUT' to 85258

Lighthouse Construction Industry Helpline - 0345 605 1956

## Course Topics

Introduction  
What is Mental Health  
What is Mental Illness  
Types of Mental Illnesses  
Treatments  
Available Legislation  
Communication

## Course Benefits

The Mental Health awareness course is designed to give basic understanding of the differences between Mental Health and Mental Illnesses, it shall also give staff an understanding on how to maintain good mental health.

## Qualification Expiry

1 Year