



Who is this for?

The qualification is aimed at employees. With stress and other mental health issues creating a significant impact on individuals and workplaces, an awareness of your own mental health and how to recognise common concerns in others is becoming an important skill.

The qualification is ideal as a way for employers to promote a positive mental health culture in their work environment and through key mental health ambassadors.

Key points

- Regulated qualification
- one-day programme
- Lifetime validity period
- Certificate included
- Assessed by short answer questions

Course content

This qualification has been developed to cover the key mental health conditions identified by NICE and includes research based methods to reduce the impact or risk of mental health conditions.

The course includes:

- Definition of mental health and ill health
- Reducing the stigma of mental ill health
- Stress
- Post-traumatic stress disorder
- Anxiety
- Depression
- Panic disorder
- Obsessive compulsive disorder
- Self harm
- Substance misuse
- Eating disorders
- Reducing the impact and risk of poor mental wellbeing
- Principles of effective mental health conversations

SPR TRAINING

SPR Training

Tel: 0141 214 0141

Email: info@spr.training

Web: www.spr.training