



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 for those employees capable of acting in a role where they may support and advocate in the workplace, for colleagues with a mental health concern.

Key points

- Regulated qualification
- Two-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
- Common mental health conditions
- Psychosis
- Personality disorders
- Self harm
- Substance misuse
- Eating disorders
- Suicide
- Reducing the impact and risk of poor mental wellbeing
- Facilitating effective mental health conversations

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