

Mental Health Aware (Adults) - Online Training

Course Location: **Online, United Kingdom**

Instructor: **Bath Mind Trainer**

This Online course raises awareness of mental health. It covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issues

Takeaways

Everyone who completes the course gets:

- A certificate of attendance to say you are Mental Health Aware
- A manual to refer to whenever you need it
- A workbook including a helpful toolkit to support your own mental health

Format

- This is a half day course delivered either face to face or via online video conferencing
- Learning takes place through a mix of presentations, group discussions and workshop activities
- We limit numbers to 24 people per course so that the instructor can keep people safe and supported while they learn

Accessibility

We strive to create courses and resources that everyone can access. When you book onto a course please let us know 'Accessibility requirements' and tell us what you need to access the course venue and materials.

This course is currently only available online.

Public Courses

We run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

Cost: We value this course at **£125 per person plus a £2 delivery charge**. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to attending the course. Ask us about discounts available if required.

In-House Courses

We run Mental Health Aware courses for groups of up to **24 colleagues** within your organisation.

Costs:

- ❖ 10 – 12 participants £1300
- ❖ 13 – 16 participants £1500
- ❖ 17 – 20 participants £1850
- ❖ 21 – 24 participants £2150

- We will work with you to book a convenient 4 hour live session for your colleagues.
- We will need 2-3 weeks' notice for any bookings.
- You are welcome to invite colleagues from partner organisations to join and share costs - we can have up to 24 people in each Mental Health Aware session.
- We are able to offer a discount for charities and education bodies. Please ask for more information.

Booking Mental Health Aware training - get in touch

Whether you are interested in training as an individual, or in booking training for your organisation, contact Hannah Roper, Head of Business Development at Bath Mind to discuss your requirements: hannahroper@bathmind.org.uk or 01225 617981.