

Title: Introduction to Mental Health

Aims: To explore issues surrounding mental health, and enhance the understanding of participants.

Objectives: To Develop an understanding of the range of conditions involved in mental health
Explore different types of mental illness
Examine issues raised by the participants
Practice intervention strategies
Explore 1983 Mental Health Act

Target Audience:

This course is targeted for those with little experience, or who are wishing to develop their understanding of the field of mental health. The course is particularly suited for those who have limited experience, and provides a supportive environment for participants to raise any questions or issues they may have.

Course content:

- What is mental health
- Types of conditions e.g. schizophrenia, depression
- Understanding psychiatric terms
- Concerns of the participant
- Medication
- Sectioning under the 1983 Mental health Act
- How to support sufferers
- Supportive strategies
- How to respond to sufferers in a psychotic state

Commentary

This course is designed as an introduction to the wider topic of mental health. It enables the participants to explore their own understandings and issues, as well as develop a basic understanding of psychiatric terms and conditions.

This is ideally suited to people who are new to the field, or have an interest in mental health. It provides an excellent starting point in a supportive environment, enabling opportunities for feedback and questions.