

Training Courses for Mental Health

Understanding Mental Health

A half day introductory course to understanding mental health and mental health problems.

The course aims to help participants feel more confident about supporting people with mental health problems.

This course will introduce participants to;

- key concepts in a modern understanding of mental health
- the importance of mental health for overall wellbeing
- reducing the stigma surrounding mental health and mental illness
- understanding the impact of mental health problems on people's lives
- a broad understanding of different mental health problems
- how to promote good mental health and wellbeing
- available information, support and services in Manchester

This course will be of use to anyone working in Manchester, especially in organisations that deal with the public or where there is an interest in workplace mental health. It will serve as a good introduction to further training, for example the Interventions for Mental Health in Everyday Practice (IMHEP) course. We will be pleased to take enquiries from Manchester organisations that require training for a number of their staff.

For more information, contact **01618612900**
Or douglas.inchbold@manchester.nhs.uk
Or nicola.wood@manchester.nhs.uk

To apply for this course, please complete and return the attached application form that includes course dates.