

Wellbeing: Mental Health Awareness

Course overview

This course is for those who want to gain a greater awareness of mental health, whether for personal reasons or for their workplace. You will begin to recognise some early symptoms of common mental ill-health and become aware of what can support your own and/or others' positive mental wellbeing. You will also be given the confidence to promote mental health awareness. This course touches on subjects that some people may find distressing, including suicide and self-harm. Please consider this information before enrolling on the course.

What will I study?

You will explore:

- Mental health and stress
- Stigma and discrimination
- Early warning signs of mental ill health
- A range of common mental health issues such as: depression, anxiety disorders, eating disorders and self harm
- Alcohol, drugs and mental health
- Suicide
- Recovery

Assessment method

- You will participate in discussions and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

There are no specific requirements however you will need a solid understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

Key information

This course will touch on some sensitive subjects.

Possible next steps

Following the successful completion of this course, you will be supported to enroll on to other suitable wellbeing or CPD courses or onto other courses.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



call: 020 8270 4722