Prem Safety UK Ltd
Keeping Safety Simple

Mental Health Awareness

www.premsafety.co.uk

Mental Health Awareness

iirsm

CPD CERTIFIED
The CPD Certification Service

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What is Mental Health?

Health is a physical and mental state of well-being. We are all different, so your health is what is normal for you. Health is, in essence, freedom from feeling ill. Physical health aside, mental health relates to a person's psychological and emotional well-being.

What does the Mental Health Awareness Course cover?

The Mental Health Course covers the following:

- What mental health is
- Mental health legislation
- Mental health disorders
- Stress
- Signs and symptoms of mental health conditions

Why is it important to understand mental health?

Mental health affects how we:

- Feel, think and act.
- Deal with and handle pressure.
- Interact with others.
- Make decisions.
- Plus much more.

Understanding how mental health impacts behaviour can help caregivers and service providers offer the best possible support for those in their care.

What is the benefit of Mental Health Awareness training to your business?

Our Mental Health Awareness Course is for anyone who works or lives in the UK. This course will offer your staff quick and effective Mental Health Awareness training to help them become aware of the importance of mental health for any person. The training is suitable for private and public sector companies, including community homes (care homes) and other organisations in the healthcare sector. The training is also suitable for personal use.
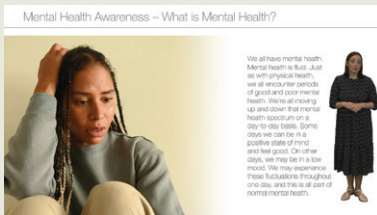
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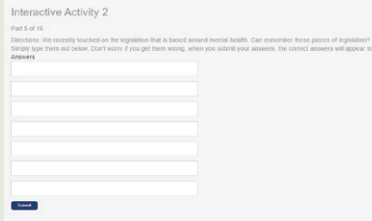
Interactive games.

Final exam - certificates provided.

One in four people experience some form of mental health issue over the course of a year. They may experience mental health issues to varying degrees.

We all have a personal and moral responsibility to look after our own well-being as well as the well-being of those we care about.

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