



Free Mental Health Awareness Course
Saturday 22nd June 9.30am High Newton Village Hall

It is estimated that one in 4 adults experience mental distress of some form at any one time. Owing to the negative perception of mental ill-health, many people are reluctant to approach the issue or discuss their needs with others. Many organisations work to raise awareness of the stigma attached to mental healthcare users in the community. Raising awareness of mental health can promote a more positive approach and give people the knowledge to challenge the negative attitudes and stereotyping that can reduce access to services for those affected by mental ill-health.

Come and join us on this 3 hour course and help increase our understanding of mental health issues.

Aims

The aim of the course is to raise awareness of the issues surrounding mental health difficulties, dispel some of the myths and misconceptions frequently linked to mental health issues and develop individual knowledge of the rights of those with mental health issues so that participants are better able to improve their own wellbeing and also to support others. Specifically the course covers what is meant by the term mental health, the definition and causes of mental health difficulties, common perceptions of mental health difficulties and how stereotyping can affect people's perceptions, where appropriate support can be sought and cultural diversity within mental health issues.

This course will provide you with an accredited qualification: **NCFE Level 1 Award in Mental Health Awareness** which is part of the Qualifications and Credit Framework (QCF).

At the end of the session you should have knowledge on:

- what is meant by the term 'Mental Health'
- the definition and causes of mental health difficulties
- common perceptions of mental health difficulties and how stereotyping can affect people's perceptions
- where appropriate support can be sought
- cultural diversity within mental health issues.

With statistics of one in four adults being affected by mental health issues, we need to know more.

Help us to spread the Mental Health awareness and understanding by attending this course presented free by MIND South Lakes. Places are limited to 16 and will be operated on a first come first served basis.

Please contact Tricia Calway tcaway@me.com 07949 140108 for bookings and further information