



# Mental Health Awareness

Raising Awareness about commonly encountered mental health problems.

MHA is a 3 hour training session for up to 20 people that is broken down into three distinct elements of learning.

The first half of the training session covers the following topics of:

- What is Mental Health and how prevalent are problems
- What is stress, anxiety and depression
- What do signs of anxiety and depression look like and how can we help

Two additional elements are then covered from the list below. These topics will make up the second half of the training session:

- Psychosis and Bi-Polar disorders
- Eating Disorders and Self-Harm
- Suicide
- Mental health of young people
- Mental health and wellbeing

13th December 2019 at Fusion Healthy Living Centre (ME15 9XF)

Running from 12pm - 3pm. This course is FREE as it has been funded through a Home Office grant.