

## First Aid for Mental Health Awareness Workshop

Location	Stretford Campus
Course Type	Adult
Department	Health & Social Care
Start Date	Friday 17th January 2025
Duration	Part-time, 0 Weeks
Time	10:00 - 13:00
Fee	£ 7.00 You may be eligible for support with your tuition fees - please visit the college website - funding and finance page for further information
Course Code	TPQ-CYXZ-1077

### Course Overview

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This Mental Health Awareness workshop is a brief yet impactful 3-hour session aimed at providing participants with a fundamental understanding of mental health, fostering a more inclusive and empathetic society. This concise but informative workshop offers valuable insights into the complexities of mental well-being, shedding light on a subject that is often stigmatised or misunderstood.

The workshop is particularly beneficial for employers, educators, community leaders, and anyone interested in promoting a more compassionate and informed society. By the end of this short but impactful session, attendees will have a greater awareness of mental health issues, be better prepared to assist those in need, and contribute to reducing the stigma associated with mental health concerns in their respective communities.

### Course Requirements

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Participants are not required to possess any previous knowledge or expertise.

## What You Will Learn

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During this workshop, attendees will be introduced to the basics of mental health, including common mental health disorders, signs and symptoms, and the importance of seeking help and support. The session emphasises the significance of destigmatising mental health issues, encouraging open conversations, and offering support to those in need.

Furthermore, participants will gain practical skills to identify and provide assistance to individuals who may be experiencing mental health challenges. This includes learning how to approach someone in crisis, offering a listening ear, and connecting them with appropriate resources or professionals.

## Assessment

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There will be no formal assessment

## Progression

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A variety of leisure and community courses are offered for your enrolment, including but not limited to:

Hair and Media Make-up

Health and Social Care

Art and Design

Languages

Childcare and Education

Counselling

Digital Skills

Hospitality and Catering

## Career Options

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Completing a 3-hour workshop in First Aid for Mental Health Awareness is a valuable step in building your understanding of mental health issues and first aid approaches. While it won't make you a mental health professional, it can open up various career options, particularly in roles where mental health awareness and support are essential. Here are some potential career options and roles after completing such a workshop:

**Mental Health Awareness Advocate:** Promote mental health awareness and provide information and resources to individuals and communities.

**Mental Health First Aider:** You can work in roles that require you to offer immediate mental health support or guide individuals to appropriate resources and services.

**Peer Support Specialist:** Provide guidance, empathy, and support to individuals who are dealing with mental health challenges, based on your understanding of first aid for mental health.

**Human Resources (HR) Professional:** In HR roles, you can use your knowledge to support employees' mental well-being, create mental health awareness programs, and assist in crisis intervention.

**Employee Assistance Program (EAP) Coordinator:** Work in organisations that offer EAPs, assisting employees with mental health concerns and referring them to appropriate services.

**Community Outreach Worker:** Engage with communities, identifying individuals in need of mental health support and connecting them with resources.

**Crisis Hotline Operator:** Provide immediate assistance to individuals in crisis by applying first aid for mental health principles.

**Mental Health Education Coordinator:** Develop and deliver mental health awareness training and workshops within organisations or communities.

**School Counsellor or Educator:** Incorporate your knowledge into educational settings to support students' mental well-being and promote mental health awareness.

**Continued Education:** Consider the 3-hour workshop as a starting point and pursue further education and training in the field of mental health to become a certified counsellor, therapist, or social worker.

It's important to note that while this workshop provides a foundational understanding of mental health awareness, professional roles in mental health often require more extensive training, education, and certification. If you are interested in becoming a mental health professional, you should continue your education and gain practical experience in the field.

## **Mandatory Units**

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There are no mandatory units

## **Contact Details**

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For further information please contact T: 0161 886 7070 or E: [info@trafford.ac.uk](mailto:info@trafford.ac.uk)

## **Disclaimer**

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Although every care has been taken to ensure that the information contained within this document is accurate, there may be changes to this programme and provision. We will endeavour to keep prospective and current students updated where appropriate and when the information becomes available.