

# Mental Health Awareness Training

In addition to Mental Health First Aid training, we offer several mental health awareness options to give organisations and people in the community increased knowledge and confidence to support the mental health and wellbeing of themselves and those around them.



## **Mental Health Awareness Session**

*2 hours, up to 200 delegates (virtual or in-person)*

This session is intended to be an introduction to mental health and wellbeing, with a focus on supporting others. Relevant to all individuals, and ideal for those without any previous mental health training. The session will include time for a Q&A, and can be tailored to address specific needs of an organisation.

Content includes:

- An overview of mental health/ill-health
- Statistics and evidence
- Stigma & myths
- Overview of mental health conditions (12)
- Stress and stress management
- Spotting signs & symptoms
- Supporting others
- Action in the community
- Your own mental health
- Resources and signposting

An abridged **1 hour Mental Health Awareness Session** is also available, which does not cover individual mental health conditions, and provides less detail on taking action in the community.

All proceeds from training sessions are reinvested back into the charity, helping fund support and services for adults managing mental ill-health in Surrey. Find out more on [Oakleaf's website here](#).

