

Mental Health Awareness

AIMS

To provide effective support for those with Mental illnesses in your care.

DURATION

Full Day Course (6 Hours)

LEARNING OUTCOMES

By the end of this course you will be able to:

- Understand the history of mental health, some valuable facts and statistics and
- Be aware of the relevant legislations around mental health disorders
- Know the different types of mental health disorders
- Have an awareness of Learning Disabilities
- Understand common mental health disorders in the elderly
- Manage challenging behaviour and understand underlying triggers
- Undertake person centred care planning to manage behaviours
- Have an awareness of medications and how the effect the elderly

LESSONS AND TOPICS

Introduction to Mental Health Awareness

- History of mental health
- What is mental health?
- Facts and Statistics
- Politically correct terminology

Legislations

- Mental Health Act 1983
- Mental Capacity Act 2005
- Deprivation of Liberty Safeguards
- Health and Safety at Work Act 1974

Types of Mental Health Disorders

- Psychosis
- Schizophrenia
- Bi Polar Disorder
- Anxiety Disorders
- Personality Disorders
- Depression

Learning Disabilities

- What is a Learning Disability?
- Causes of a Learning Disability
- Types of Learning Disabilities
- Autism
- ADHD

Elderly and Mental Health

- Mental health in the elderly
- Why depression is common in the elderly
- Taking a mental health history
- Primary and secondary conditions

Managing Challenging Behaviour

- What is Challenging Behaviour?
- Triggers
- De-escalation
- Effective Communication

Care Planning

- Reporting incidents
- Documentation
- Person Centred Care Planning

Caring for someone with Mental Health

- Diet and Nutrition
- Meeting a person's needs
- Exercise and keeping active
- Environment

Treatment of Mental Health Conditions

- Talking therapy
- Medications



For more information

Call 01706 375578

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