

# Mental Health Awareness



Would you like a better understanding of mental health conditions? Would you recognise the symptoms, or know about the causes and support options for a range of mental ill health problems?

This workshop will explore:

- What is mental ill health and mental distress?
- Different models of mental health
- Common mental health conditions – signs, symptoms, causes and treatments
- How to take positive steps to support people and remove the stigma surrounding mental ill health
- How to ensure mental wellbeing in the workplace to encourage happier and more productive staff



For more information, please contact Debbie Ovenden, Training Coordinator at Compass Disability Services on:



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