Syllabus has been given a remote working emphasis and brings into focus sector specific covid-19 challenges.

Topics Covered:

What is mental health/mental ill health.

Mental ill-health conditions

Recognising signs of distress

Crisis & suicide (overview)

Self-harm

Relationship between substance use and mental health

Using Take 10 Together to start a conversation

The concept of recovery and how it relates to mental health

Mental Health Continuum selfcare and support in each quadrant.

Exploring the Stress Container.

Stigma and its impact on creating a caring relationship.

The virtual format has been designed with the safety and comfort of candidates attending. The simple aim is to add to existing knowledge, build confidence in personal selfcare regimes and so enhance ability to support others through care pathways. Each candidate will have a course work book to use during the event and access online resources.