

**DATES:**

R1016 18-Nov-09\*

R1035 09-Jun-10

**Bookings close 1 month before the workshop starts**

**Venue:**

**PHEW Centre**

52 Bartholomew Street,  
Exeter EX4 3AJ

**\* East Devon Centre**

The Haven  
32—34 High Street,  
Honiton EX14 1PU

**Times:**

**10am to 4pm**

**Cost:**

**£75.00**

£10.00 (concession)

**Lead Teacher:**

**Georgina Lynch**

**Course Level:**

**2**

Entry

Level = Pre-GCSE

Level 1 = GCSE D to G

Level 2 = GCSE A to C

Level 3 = A Level

Standard

# Exploring Mental Health Workshop

This one-day workshop is a follow-on to the Introductory workshop, however, for people with a good grounding in mental health and ill-health can come on this workshop without attending the introduction.

During the workshop, we will be looking at:

- Highlights in relation to Mental Health since the late 1800's;
- How people are diagnosed;
- Differences between the Medical Model and the Recovery Approach
- Some of the:
  - "Common Mental Health Problems" (Neurosis);
  - Psychosis;
  - Personality Disorders;
- Caring for someone experiencing mental ill-health;
- Self-harm;
- Strategies and Supporting someone with mental ill-health;

This workshop is interactive and participants are encouraged to take part as much as possible.

**If you are looking for a course that will lead to a National Qualification, you may like to attend our Mental Health Level 2 Course:**

**29 January; 5, 12, 19 February; 5, 12, 19 March & 2 April 2010**

**10am to 4pm at the PHEW CENTRE**

**£75.00\***

\* This course is part-funded through the Learning Skills Council and certain criteria need to be met. Please enquire for information.

**For further information about any of our Learning and Development opportunities, please do not hesitate to contact us.**