

Workshop Code and Dates:

R1033 **25-Sep-09**
R1034 **21-Oct-09**
R1012 **26-Mar-10 ***
R1014 **05-May-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

Mental Health Awareness Workshop

1 in 4 people are experiencing some form of mental ill-health. In our society mental illness is often regarded with fear and suspicion. It is a taboo area of life and largely hidden from view.

Raising Awareness of Mental Health is crucial to both reducing the stigma and discrimination which is rife in society and raise awareness of lots of issues and recovery methods that are available to help people experiencing a lived experience of mental ill-health.

This one-day introductory workshop aims to create a better understanding and acceptance of the experience of mental illness by opening up and exploring different aspects of mental health.

During the workshop we will:

- Explore the realities and myths of mental illness;
- Identify how people can experience stigma and discrimination;
- Hear personal experience of the trainers who have experienced a range of mental health difficulties and identify what has helped and what hasn't helped;
- Explore what it can be like to hear voices;
- We will experience the positive side of having a lived experience;
- Through a case study, we will explore what caused the subject difficulties in their life and what they may be experiencing;
- Finish up by looking at several Recovery Methods;
- Identify support and signposting for the individual, carers and relatives;

There are plenty of opportunities to get involved throughout the workshop.

This workshop is ideal for anyone working in the mental health sector, employing or working with people with a lived experience of mental ill-health; people experiencing mental health difficulties; carers; relatives and members of the public wishing to look at ways to help themselves and reduce the likelihood of having difficulties in the future.

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