

**DATE(S):**

September 2009

**Venue:**

**PHEW Centre**  
52 Bartholomew Street,  
Exeter EX4 3AJ

**Times:**

7pm to 9pm

**Cost:**

**£85.00**

£20.00 (concession)

**Lead Teacher:**

**Mandy Williamson**

**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 & Wellbeing Evening Course

**This course is ideal for anyone wishing to expand their knowledge of mental health and wellbeing and ideal for anyone wanting to improve their own health and wellbeing.**



During the ten-week course, we will:

- Identify the differences between mental health, mental ill-health, ways to stay well and manage wellness;
- Explore the stigma & discrimination that people with mental ill-health can face;
- Explore what can be done to combat stigma and discrimination;
- Explore what is a diagnosis and the positives and negatives of having a diagnosis;
- Identify the categories of mental ill-health;
- Identify the differences between the more common types of illness in the category: Stress; Anxiety and phobias; Depression and the types; Eating Disorders;
- Explore the main Psychosis: Bipolar and the difference of Unipolar; Schizophrenia and clinical depression;
- Explore how culture affects our mental-health both positively and negatively;
- Identify the common ways a person self-harms and ways to support someone who has self-harmed;
- Hear experiences of caring someone experiencing mental ill-health and the positives and negatives;
- What support is there that carers / relatives can access;
- Explore the recovery approach including: WRAP; Thought Records; Cognitive Behaviour Therapy; 7-11 Breathing; Relaxation;
- Explore the key areas of the Human Givens Approach and how it can help and support some experiencing difficulties;
- Explore additional courses and signposting to support the learners;

**This course will be interactive with lots of opportunity for participants to get involved throughout as well as bringing topics for discussion.**

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