

FREE



MENTAL HEALTH AWARENESS WORKSHOP

Our Mental Health Awareness Workshop is designed to give learners a greater understanding of what mental health is, the impact of stigma, how to open conversations around mental health and where to access support.

WHAT YOU WILL LEARN:

- ✓ What is mental health?
- ✓ The impact of stigma
- ✓ Factors which affect mental health
- ✓ Stress management
- ✓ Opening conversations & signposting
- ✓ The 5 ways to wellbeing



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This workshop will be delivered either face-to-face or online which encourages learning through a mix of presentations, group discussions and workshop activities.

The workshop is open to ages 16+ and is limited to 16 people per workshop so that the workshop facilitator can keep people safe and supported while they learn.