

Course Title: Normalising Mental Health & Improving Wellbeing

Target Audience - Anyone who wants to improve their understanding of Mental Health & Wellbeing.

Aims of the Course:

The workshop, facilitated by the Hamwic HR Team aims to provide individuals with a good understanding of Mental Health and potential strategies that can be implemented to improve overall Wellbeing.

The Normalising Mental Health Workshop is designed to introduce the topic of mental health, increase mental health awareness and build support in the workplace.

Participants will learn how to:

- Identify common types of Mental Health issues
- Differentiate between Neurotic & Psychotic Mental Health Problems
 - Identify signs and symptoms of stress
 - Establish positive coping strategies
 - Seek further advice and support

9:30AM to 9:45AM	Introduction and welcome
9:45AM to 11:00AM	Defining Mental Health Mental Health Stats Neurotic Mental Health Problems Psychotic Mental Health Problems Stress v's Pressure Signs & Symptoms
11:00AM to 12:00PM	Poor Coping Strategies Positive Coping Strategies <ul style="list-style-type: none"> • Nutritional • Lifestyle • Mind Set
12:00PM to 12:30PM	Building A Network Professional Help Summary Q&A

Trainer Profile:

UK Wellbeing Coach Limited

MONDAY 13 NOVEMBER 2017

9:30AM-12:30PM

**£100 PER PERSON
£50 PER PERSON (HET)**

LOCATION:

**BEECHWOOD JUNIOR SCHOOL
JUNIPER ROAD
SOUTHAMPTON
SO18 4EG**

ENQUIRIES:

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