

Mental Health Awareness (Level 1)

This session is aimed at volunteers with local community groups who want to increase their awareness and understanding of mental health issues so that they can improve their own wellbeing and be better placed to support others.

Specifically the course will cover:

- what is meant by the term mental health
- the definition and causes of mental health difficulties
- common perceptions of mental health difficulties
- how stereotyping can affect perceptions
- where appropriate support can be sought and
- cultural diversity within mental health issues

The course is accredited by the Northern College of Further Education (NCFE), through Kendal College, and delivered by South Lakeland Mind.

All attendees will be supported to complete a workbook during the session to achieve a level 1 qualification.

This session can be provided as a bespoke session anywhere in Cumbria (in partnership with other local Mind organisations) at a date and venue of your choice and so if you have a group of 12 or more staff/volunteers, please contact David Beuzeval at South Lakeland Mind on 01539 740591 to discuss further.

Wednesday 16 January 2019

9.30am - 1pm

**Penrith Rugby Union Football Club,
Winters Park, Penrith CA11 8RQ**

FREE to all volunteers* Refreshments included.

A £10 cancellation fee applies if a place is cancelled within one week of the training and/or for non-attendance.

Book online: www.cumbriacvs.org.uk/training-and-events OR



Complete and return a booking form to:

- Cumbria CVS, Shaddongate Resource Centre, Shaddongate, Carlisle, CA2 5TY
- info@cumbriacvs.org.uk