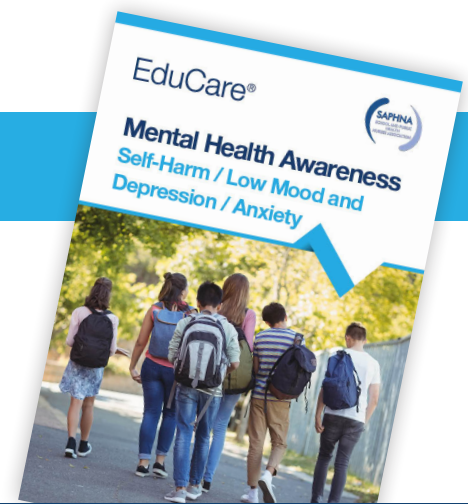


Mental Health Awareness

This set of courses will help you to understand important mental health issues including self-harm, low mood and depression and anxiety. These courses have been written in association with the School and Public Health Nurses Association.



Course details

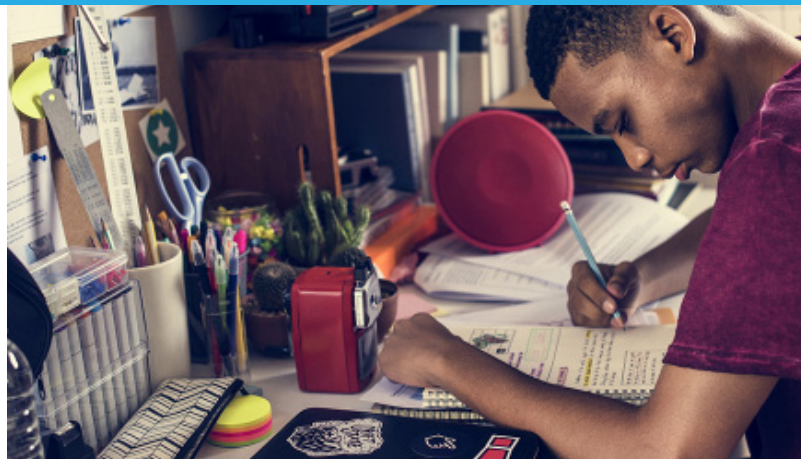
- Level 2 courses
- A set of three courses, each with their own multiple-choice questionnaire
- One CPD credit per course*
- Optional narration of the course modules and questionnaires for accessibility
- Personalised downloadable certificates
- 70% pass mark
- Printable modules for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

Understanding Self-Harm

- What self-harm is and why people self-harm.
- Common triggers for self-harm.
- The different types of self-harm including the more obvious and less obvious ones.
- The support in place to help someone who is self-harming including distraction techniques and someone to talk to if they feel the need to self-harm.
- Ways of accessing support for someone who is self-harming.
- Further support on self-harm including services and helplines that are available.



Understanding Low Mood and Depression

- Understanding the difference between low mood and depression.
- The main causes of low mood and depression and indicators that may make a young person more likely to experience them.
- Understanding specific types of depression and the conditions or events related to them.
- The ways in which you can help and support children and young people dealing with low mood and depression including strategies to help improve their mood.
- The support available to people dealing with low mood and depression including specialist mental health support.
- Further help and support for people dealing with low mood and depression including helplines and urgent support services.

Understanding Anxiety

- The types of anxiety and common causes.
- Symptoms which a young person may experience both physically and psychologically.
- Typical signs of anxiety to look out for in a child or young person.
- Panic attacks and the common symptoms people may experience with exercises on how to reduce them.
- Understanding why someone is suffering from anxiety and suggested self-help methods to help them to deal with it.
- Other support methods that can be offered to someone suffering from anxiety including psychological therapies.
- Further support on anxiety including services and helplines that are available.

Types of anxiety

Anxiety disorders are the most commonly diagnosed mental health condition. Types of anxiety disorders include: Move the slider below to each point to learn more.

Phobias Panic disorder Post-traumatic stress disorder Obsessive compulsive disorder (OCD)

The screenshot shows a mobile application interface. At the top, there's a dark blue header with the title 'Types of anxiety' and a brief description. Below this, four circular icons represent different anxiety disorders: Phobias (a person covering their face), Panic disorder (a person holding their head), Post-traumatic stress disorder (a person with their hand to their face), and Obsessive compulsive disorder (OCD) (a colorful circular pattern). A horizontal slider is positioned below the icons, with a red dot indicating the current selection. At the bottom, there's a dark blue navigation bar with a home icon and arrows.

Signs and symptoms of anxiety

Signs to look out for: Click the images below to learn more.

increase in crying not eating properly getting angry

having negative thoughts

The screenshot shows a mobile application interface. At the top, there's a dark blue header with the title 'Signs and symptoms of anxiety' and a brief description. Below this, there are six small images arranged in a 2x3 grid, each with a caption: 'increase in crying' (a person crying), 'not eating properly' (a person at a table), 'getting angry' (a person with a frustrated expression), 'having negative thoughts' (a person looking thoughtful), and two other images without captions. At the bottom, there's a dark blue navigation bar with a home icon and arrows.



This course is suitable for

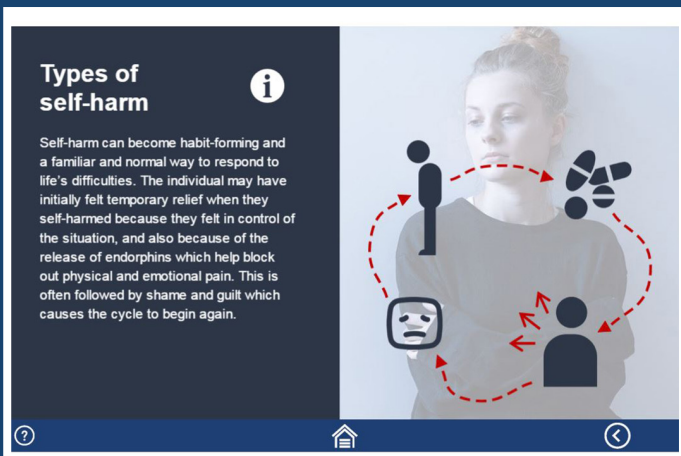
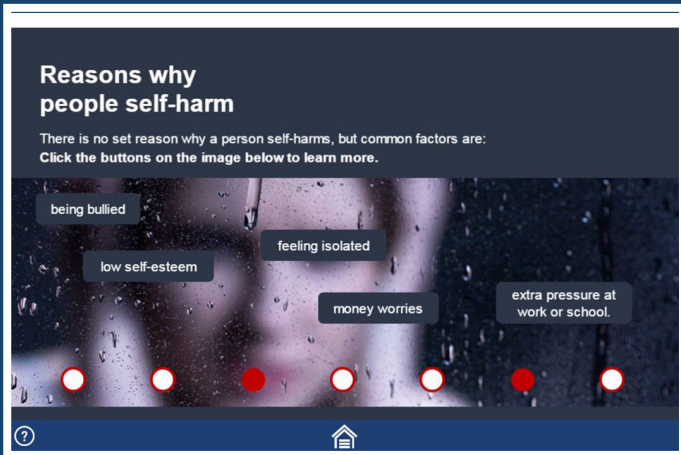
Anyone who wants to increase their understanding of mental health issues.

Key features

- Visually engaging and interactive.
- Information on what you can do to help and support someone who suffers from mental health issues.
- Answer explanations for those who achieve the pass mark.
- Additional resources to expand learning.

Purchase options

1. Available as a standalone course on the EduCare website.
2. Buy as one of our EduCare multi-course licences. For further information, please call 01926 436212 to discuss purchase options and licences.



Why choose us?



“SAPHNA are delighted to have supported EduCare with the development of these three new courses. Offering practical advice and guidance to schools on medical issues, and giving staff the confidence to act, is very important as more and more schools are losing access to school nurses.”

Sharon White OBE
CEO, School And Public Health Nurses Association

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