

## **Who should attend this one day course**

Managers and front line staff working with vulnerable adults experiencing mental health issues in any care or support setting

## **Introducing the Trainer**

Faiers Training works exclusively with people who have an excellent reputation and proven track record in their field. The course tutor is an independent psychiatric (and general) nurse. He divides his working time between providing an in-house mental health service to the NHS patients of a large GP surgery and providing training and consultancy services to the care, support and health sectors.

## **Course Aims & Content**

- To provide an overview of common mental disorders and how health professionals respond to these...
- In order to provide workers with knowledge of what help they can expect from professionals...
- To enable workers to reflect knowledgeably on their potential roles in supporting service users
- To enable workers to act confidently whilst maintaining their role boundaries

- .....
- **Assessing mental health**
  - **The psychology of mental distress**
  - **Depression:** including causes, prevalence, symptoms, effects, treatment, management and the role of staff
  - **Anxiety Disorders:** including types, prevalence, understanding the psychology of how anxiety disorders are sustained, help, treatment and the role of staff

Nigel Faiers  
01442 404971 and 07986 837463  
admin@faiers training.co.uk  
www.faiers training.co.uk

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