

Mental Health Support Awareness

Applying for this course:

To apply for this course, you should be 16 years of age or older and who are able to fluently communicate orally in English or Maltese.

Course Duration

This course is of 12 hours duration and consists of one Module.

General pedagogical guidelines and procedures for this course:

The delivery of this course will be mainly held through a series of discussions and case scenarios examples of mental health problems and support. The trainer will also be holding lessons with the learners which will consist of various presentations.

General assessment policy and procedures for this course:

Although learners are expected to participate throughout the entire course, however there will be no formal assessment for this course.

Module 1 Learning Outcomes - **Mental Health Support Awareness**

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| <ul style="list-style-type: none">✓ List and explain the most common mental health problems✓ List the different mental health services available in Malta✓ Define, explain and differentiate between different mental health diagnosis✓ List the common signs, symptoms and risk factors related to common mental health illness✓ Support individuals experiencing mood disorders, anxiety, personality disorder and psychosis through affective methods, such as: affective communication active listening and reassurance✓ Identify a mental health crisis and be able to assist and support | <ul style="list-style-type: none">✓ Suggest different professional services that the person can refer to✓ Provide different support for various case study scenarios✓ Be familiar with different treatments used by professionals to deal with stress, depression, anxiety, psychosis personality disorder and different mental crises✓ Practice self-care to maintain good mental health✓ Explain how to build a mentally healthy workplace |
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Module Assessment: There is no assessment for this course.

Participants who attend for this course will be issued with a certificate of attendance.