



MERCHANT NAVY WELFARE BOARD

Mental Health Awareness Course Programme

The course is not intended to give people the skills to diagnose, rather an awareness and understanding of people who live with mental health issues.

Within each topic you will look at:

- what it is
- why does it occur
- precipitating factors
- perpetuating factors
- how to help and how not to help

Day 1

17:00 Session 1: Mental Health

18:30 End of Day 1

Day 2

08:00 *Breakfast*

09:00 Session 2: Anxiety Disorders

10:30 *Coffee Break*

11:00 Session 3: Dementia

12:30 *Lunch*

13:30 Session 4: Depression

15:00 *Coffee Break*

15:30 Session 5: Post Traumatic Stress

17:00 End of Day 2

Day 3

- 08:00 *Breakfast*
- 09:00 Session 6: Autism
- 10:30 *Coffee Break*
- 11:00 Session 7: Psychosis
- 12:30 *Lunch*
- 13:30 Session 8: Challenging Behaviour
- 15:00 Session 9: Plenary Session
- 15:30 Course Concludes