

# MENTAL HEALTH AWARENESS



## Product Syllabus:

- Introduction to mental health
- Good mental health
- Maintaining mental wellbeing
- Mental health continuum
- Resilience
- Boosting mental wellbeing
- Mindfulness
- Poor mental health
- Mental health illness risk factors
- Depression
- Anxiety
- Post-traumatic stress disorder
- Phobias
- Obsessive compulsive disorder
- Personality disorders
- Eating disorders
- Psychosis
- Bipolar disorder
- Schizophrenia
- Dementia and mental health
- Learning disabilities and mental health
- Signs and symptoms
- Suicide
- Crisis support
- Physical symptoms
- Chronic illness
- Sleep
- Diagnosis
- Treatment
- Complementary therapies
- Mental health medications
- Electro-convulsive therapy
- Treatment in the community
- Person centred care
- Promoting independence
- Adapting care for the individual
- Communication barriers
- Discrimination
- Media portrayal
- Beliefs and cultural attitudes
- Mental health legislation
- Capacity
- Confidentiality
- Consent

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