

Mental Health Champion Course

4-HOUR BASIC MENTAL HEALTH SUPPORT TRAINING DESIGNED FOR WORKPLACES

Identify. Connect. Respond.

The Mental Health Champion Course is a foundational training that empowers all members of an organization to identify, connect, and respond to mental health concerns – in themselves and in others - with knowledge and compassion.

THE ROLE OF A CHAMPION:

- Become a champion at caring for your own mental health
- Serve as a champion for mental health in your workplace and for colleagues struggling with their mental health

LEARNING OUTCOMES:

For the individual:

- Deepen knowledge of mental health, mental illness, and the signs of mental struggles
- Develop greater compassion for individuals struggling with their mental health
- Build skills to identify and respond to the signs that you or a colleague may be struggling with their mental health

For the organization:

- Raise organization's base level of mental health literacy
- Reduce stigma and normalize mental health issues
- Develop internal capabilities to recognize and support mental health challenges

This course provides information about mental health laws and resources.

Champions do not learn how to support colleagues experiencing mental health crises. Individuals need to take the 10-hour Mental Health First Aider (MHF) Certification Course for this purpose.

Champions should never diagnose or counsel. They are not a replacement for professional support services.

DATE:

TIME:

COURSE OUTLINE

SECTION 1:

Section 1: The Case for Prioritizing Mental Health in the Workplace

- Prevalence and treatability of mental health issues
- Identifying your own stance towards mental health (self-assessment)

SECTION 2:

Mental Health Literacy

- The difference between mental health and mental illness
- Risk factors for poor mental health
- Identifying and understanding signs of the most prevalent mental health conditions:
 - Burnout
 - Depression (vs. sadness)
 - Anxiety disorders (vs. worry)
 - High functioning mental disorders
 - Gender differences
 - Addiction
 - Crises (when to involve a MHFAider or mental health professional)

SECTION 3:

Mental Health Support Skills

- How to care for your own mental health (self-awareness and self-care)
- How to respond to someone who is struggling
 - Developing greater compassion
 - Applying the L.I.G.H.T framework

SECTION 4:

Available Support and Resources

Delivering Your Learning Strategy.



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