



Further Support

It is important to recognise that this course covers material that you may find emotionally triggering. Your self-care is important, and your safety throughout is our priority. Please consider identifying someone who could potentially support you during or after the course if you need it.

If you have any questions, you can contact us by email at christo@theblackboxapproach.com or by calling 0330 133 3733.

Agenda – Running between 9am and 1pm

- What is mental health?
- Mental Health Continuum
- Factors that affect mental health
- Stigma
- Stress and stress management
- Spotting signs of distress
- Mental health conditions:
 - Depression
 - Anxiety disorders
 - Psychosis
 - Eating disorders
 - Suicide
 - Self-harm
- Recovery
- Take 10 Together - starting a supportive conversation
- Supporting mental health in the workplace
- Useful statistics
- Helpful resources