

Mental Health Warrior[®] Awareness Training

A bespoke course created for those under 18 years' old



Course content

- ⚙️ What is mental health?
- ⚙️ Stigma & potential risk factors
- ⚙️ Anxiety
- ⚙️ Stress container
- ⚙️ Self-care
- ⚙️ Mental Health Continuum
- ⚙️ Depression
- ⚙️ General signs & symptoms
- ⚙️ How can we help someone in need?

Instructors

This course is run by accredited Mental Health First Aid instructors, with backgrounds in teaching and therapeutic counselling.

Informative and fun

All information is evidence-based, interactive, and covers both theory and practical skills.

International Accreditation

Every student that attends the Mental Health Warrior[®] training receives a certificate.

Course delivery

Length: 2 hours

No. of students: 30 maximum

Flexible delivery options:

- ✓ in one sitting
(with a break in the middle)
- ✓ broken into two sections
- ✓ in-person
- ✓ online via Zoom



Each participant receives certification and becomes a registered Mental Health Warrior[®]



For further information or to book, please contact George Peterkin at:

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mind your health

More Mental Health Warrior[®] training: Eating Disorders / Self-harm & Suicide / Psychosis