



Supporting learners with Mental Ill Health

This course is aimed at people working in post 16 education who teach or support people with Mental Ill Health

Within the session we will be looking at different types of Mental Ill Health including self harm, eating disorders, personality disorders, bipolar etc, we will then move on to exploring some of the barriers to learning and look at ways we can support learners. Finally we will be looking at how to deal with challenging situations and discuss any situation that people may have found themselves in and how to avoid them, we will also touch on safeguarding issues and relate this back to the organisations policy.

The sessions are very interactive and aim to draw on the participants own experiences and where possible address some of the concerns/questions they have. The trainer will be sharing both my personal and professional experiences of Mental Ill health.

Learning Outcomes

- To increase awareness of mental health problems
- To identify barriers to learning and explore strategies to overcome these barriers
- To develop strategies for managing challenging situations
- Share experiences, understanding and good practice

The course runs for 3 hours and is offered as part of CPD at a venue of your choice .