



Understanding Mental Health Conditions

This course gives you a clear understanding of common mental health conditions and how they can affect a person's thoughts, feelings, behaviour and daily life. You will learn practical ways to support people with different mental health needs, using a calm, respectful and person-centred approach.

The course explains how to respond when someone has a low mood or experiences a psychotic episode, helping you communicate with confidence and compassion.

You will also learn how to recognise early signs that a person's mental health may be getting worse and understand when to seek extra support. The course explores the services and support available for people living with mental health conditions, as well as the role of family, carers and professionals. Finally, you will gain an awareness of common medicines used to treat mental health conditions and the possible side effects, helping you provide safe, informed and effective support.

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Learning Outcomes

- Understanding of different types of mental health conditions, how they affect people and how to support them with their condition.
- Different approaches and techniques towards people when they have low mood, or a psychotic episode.
- Noticing signs of deterioration with people who have different mental health conditions.
- Support that is available.

Side effects of different medications that are prescribed for mental health conditions.

Course Content

Module 1: Understanding Mental Health

- What mental health is and why it matters.
- Common mental health conditions and their symptoms.
- How mental health conditions affect daily life.
- Challenging stigma and promoting understanding.

Module 2: Supporting People with Mental Health Conditions

- Using a person-centred approach.
- Communicating with empathy and respect.
- Building trust and promoting independence.
- Maintaining professional boundaries.

Course Content

Module 3: Responding to Mental Health Needs

- Supporting someone with low mood.
- Responding to a psychotic episode safely.
- Using calm and effective communication.
- Knowing when to seek additional help.

Module 4: Recognising Deterioration

- Identifying changes in behaviour and mood.
- Recognising early warning signs.
- Recording and reporting concerns.
- Escalating concerns appropriately.

Module 5: Mental Health Support and Medication

- Understanding available support services.
- The role of families and professionals.
- Common mental health medications.
- Recognising common medication side effects.