

Understanding Mental Health Workshop

Welcome to Virtue Healthcare Education

The Understanding Mental Health workshop has been designed to assist those working alongside people experiencing mental unwellness. Trainees will gain a greater understanding of mental health and some insight to the causes of mental unwellness. The importance of maintaining compassion and respect when engaging in a meaningful manner to promote the recovery process. Training is beneficial for preparation and upskilling of staff to enhancing best care outcomes for tāngata whai ora and whānau.

QUICK INFO

Duration: 1 day workshop

Workload: 9.00am – 4.00pm

Cost: \$115 + GST (per person)

Training Outcomes

Trainee's will learn

- A greater understanding of the different disorders and their symptoms
- How to relate and interact with people experiencing mental unwellness
- The underlying reasons that can lead to mental disorders
- Build staff confidence to handle different situations that may arise
- The importance of effective communication skills to promote recovery

Location

We come to you! Depending on your circumstances we offer on-site training or local workshops. Contact us if you would like to organise on-site training or to see when the next workshop is happening in your area.

Our Workshops

Our workshops allow participants to learn in a structured and enjoyable environment. Content is up-to-date and specifically tailored to be relevant for the trainees and the environment that they work in. Workshops are designed to be enjoyable and interactive to maximise learning outcomes and cater for different learning styles.

If you have any questions about this workshop or this brochure please do not hesitate to contact our workshop organizer

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