

Mental Health Aware

Tutor:	James Chapman
Type of Day	Ongoing Training Day
Topic/Title	Mental Health Aware
Date	Saturday 17th September 2022
Start Time & End Time	9:30am-1:30pm
Location	Online via Zoom
CPD Points	5

About this session:

Mental Health Aware

This half day course raises mental health awareness and covers:

- What mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Supporting someone in distress or who may be experiencing a mental health issue

About James Chapman:

After many years (over)working in IT at a busy law firm, I was suffering from stress, burnout and a bad back. I left my job and trained in yoga and structural bodywork.

As well as being an MHFA instructor, I am also a yoga teacher and yoga therapist with over 16 years experience, specialising in mental health and addiction. I have worked with some of the leading mental health charities, rehab clinics and the NHS.

I have experienced the mental health system, both as a service user and service provider. But despite this and training in psychotherapy, I learnt so much from my MHFA training, which is why I immediately knew I wanted to become a trainer. I firmly believe that every adult should have these skills and knowledge to not only support others, but themselves as well.

