



Lancaster &  
Morecambe  
College

# Mental Health Champion

The Mental Health Champion course is an internationally recognised awareness and skills training course which teaches people how to spot the signs and symptoms of mental ill-health and provide initial help. This course will not teach you to be a therapist, but you will learn to listen, reassure and respond, even in a crisis.

This course will cover the following topics:

- Mental health and stress in the workplace
- Depression
- Anxiety disorders
- Other mental health issues (eating disorders, self-harm, psychosis)
- Alcohol, drugs and mental health
- Applying the MHFA action plan: ALGEE
- Suicide
- Recovery
- Building a mentally healthy workplace
- Action planning

**For further information contact**

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Funded by  
UK Government