



Early Detection of Mental Health Conditions

Occupational health staff are often the first professionals to see someone suffering from a mental health condition. Early recognition, understanding, care and signposting are essential for a favourable outcome.

Dr Rick Norris
Glyn Morris

Mind Health Development,
18 High Green,
Brewood,
Staffs,
ST19 9BD
07799-536642
www.mindhealthdevelopment.co.uk

Why the need?

Occupational health staff are seeing increasing numbers of people experiencing signs and symptoms of mental health conditions.

These conditions, if left unchecked can be seriously debilitating, effecting not only the person themselves, but their families, friends and colleagues.

Course Outline

Early detection of mental health conditions

Course Overview

- At the end of the course participants should:
- Understand why mental health conditions are so prevalent in the 21st century
- Learn what signs and symptoms are easy to identify
- Understand the difference between axis 1 and axis 2 disorders
- Identify what can be done when a client is suffering from a mental health condition

Trainees will receive:

- An increased confidence when encountering mental health conditions
- Training in line with up to date research and respected texts
- An outline of the facilities available for signposting
- Available treatments
- Training in the use of semi-structured interviewing techniques to assess client suitability for cognitive behavioural interventions

The Course Methodology

Mind health Development always aim to teach in a friendly atmosphere utilising the experience of those within the room.

We draw upon the knowledge of several disciplines from psychiatry, psychology and psychotherapy.

Course Details

This course is over two days.

Day one covers an introduction and an overview of axis 1 disorders

Day two incorporates a recap of day one and an overview of axis two disorders

Course Tutors:

The course has been developed by Glyn Morris and Dr. Rick Norris

Glyn Morris

Glyn is a Registered Mental Nurse and has a Diploma in Higher Education Nursing. He has over 18 years experience of working in a variety of clinical settings and has worked extensively in crisis resolution and assertive outreach. He specialises in mental health in the workplace and regularly delivers cognitive behavioural interventions to a wide range of clients in both individual and group settings. Glyn has extensive practical experience of working with Occupational Health and Human Resources departments in order to successfully rehabilitate clients who have suffered from stress, anxiety and depression.

Dr Rick Norris.

Rick is a Chartered Psychologist working in both clinical and occupational settings. His clients include Hewlett Packard, Unisys and Milward Brown. He is a visiting Consultant Psychologist at the Manor Hospital in Walsall and is an honorary lecturer at the Institute of Primary Health Care at the University of Warwick. Rick is also a member of the Chartered Institute of Personnel and Development. He is the author of the popular book 'The Promised Land – a guide to positive thinking for sufferers of stress, anxiety and depression'.

For more details please contact:

Glyn Morris,

Mind Health Development

Tel: 07799-536642

e-mail: glyn@mindhealthdevelopment.co.uk
www.mindhealthdevelopment.co.uk