

# Course Information Sheet

Men's Mental Health

DE01E43A



<b>Venue</b> Online Google Classroom	<b>Start Date</b>	3 Oct 2024 18:30
	<b>End Date</b>	24 Oct 2024 21:00
	<b>Fee</b>	£0
	<b>Materials</b>	£0

[OCSW DE01E43A Men's Mental Health \(oncoursesouthwest.co.uk\)](https://oncoursesouthwest.co.uk)

Prioritise your well-being! Learn practical strategies for managing stress, building emotional resilience, and talking openly about men's mental health.

## Course Description:

This empowering 4-week Men's Mental Health course equips you with the knowledge and tools to prioritise your emotional well-being. Explore the unique challenges men face regarding mental health, and discover practical strategies for managing stress, anxiety, and depression. Learn how to build emotional resilience, develop healthy coping mechanisms, and cultivate communication skills for open and honest conversations about mental health. This supportive and informative course empowers you to take charge of your mental health and create a path towards a happier, healthier you.

## What will I learn?

The course is designed for a progressive learning experience over 4 weeks:

- **Week 1: Understanding Men's Mental Health** - Explore the social and cultural factors impacting men's mental health. Discuss common mental health conditions and how they manifest in men. Learn about the importance of seeking help.
- **Week 2: Building Emotional Resilience** - Discover strategies for managing stress, anxiety, and anger. Explore techniques for building self-compassion, emotional regulation, and positive coping mechanisms.

- **Week 3: Communication & Support Networks** - Develop effective communication skills for talking openly about mental health. Learn how to build supportive relationships and identify resources available to men seeking help.
- **Week 4: Taking Action & Maintaining Wellbeing** - Create a personalised action plan to maintain positive mental health practices. Explore resources and support networks for ongoing well-being.

### **How will I be assessed?**

- **Formative assessment:** Active participation in class discussions, group activities, and self-reflection exercises will provide ongoing learning opportunities.
- **Summative assessment:** Course completion may involve a presentation on a chosen men's mental health topic or a reflection essay on your learning journey and personal action plan.

### **Who is this course for?**

This course is designed for any man interested in improving their mental health and emotional well-being. It's ideal for those seeking practical strategies for managing stress, building resilience, and creating a support network.

### **Progression Opportunities:**

This course is a springboard for further exploration of men's mental health and well-being. Consider enrolling in online courses on mindfulness, stress management techniques, or communication skills. Explore resources from organisations like Movember or The Men's Health Forum on men's health initiatives and support services.

### **Career or Job Enhancement Pathways:**

- Mental Health Advocate/Peer Support Worker (with further qualifications)
- Wellbeing Officer/Workplace Health Trainer
- Counsellor/Therapist (with further qualifications)
- Youth Mentor/Community Outreach Worker

**How do I enrol?**

The quickest way to enrol is online at [www.oucoursesouthwest.co.uk](http://www.oucoursesouthwest.co.uk), simply create an account and select 'Enrol now'. Alternatively, if you have any questions, please call our friendly customer service team on 01752 660713.

**How will the course be delivered?**

This is a practical course, and the sessions will include tutor-led demonstrations, learner-led group activities, instruction and repetition. These will form part of the delivery together with one-to-one support as required.

**Will I need to practise outside the classroom?**

You will be encouraged to review your notes between lessons to ensure maximum benefit from your course. It is always useful to practise your skills between sessions. Your tutor may encourage home learning, or independent research.

**How will I know I'm making progress?**

During the first session, your tutor will discuss your goals and current level in relation to the course. Based on this assessment, you will agree individual targets which you will record in your individual learning plan (ILP). You and your tutor will review your targets regularly to ensure that you are making progress; these will be written in your individual learning plan.

**What will I need?**

Please bring a notepad, and pen to each session. You may wish to bring a file for any handouts. A laptop with internet access is required for completion of coursework and home learning outside of the classroom.

**Please note:**

Most courses attract a subsidy from the Education and Skills Funding Agency (ESFA). It is a requirement of the ESFA that you complete various forms at different stages of your course, further information is available on request. Courses are subject to a minimum number of enrolments and could be cancelled if recruitment is low. In some cases, an alternative class at a different location may be offered.

Terms and conditions are available at

<https://www.oucoursesouthwest.co.uk/learner-information/essential-information-for-every-learner>

Room numbers are subject to change - please check when you arrive at the venue.

