

www.sgmind.org.uk



Swindon and
Gloucestershire

Training Services 2018-2019



Registered charity number: 1174786

Welcome

We're Swindon and Gloucestershire Mind, the mental health charity.

We're here to make sure everyone with a mental health problem has somewhere to turn for advice and support.

With the passion and drive of our trainers we believe we can work towards embedding mental health training in to every workforce and community in Swindon and Gloucestershire.

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Mental Health First Aid

Adult MHFA Two Day

Adult MHFA is a two-day educational course which teaches people how to identify, understand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches you how to recognise those crucial warning signs of mental ill health.

All instructors provide a very safe learning environment and are trained to support you throughout the whole course.

Course Overview:

Adult MHFA is an internationally recognised course that teaches you how to help people in a crisis or who are experiencing a mental health difficulty.

The course is a mix of presentations, group discussions and group work activities and is split up into four manageable chunks, these are:

- What is mental health?
- Suicide
- Anxiety and depression
- Psychosis

During the course, you'll learn how to:

- Spot the early signs of a mental health problem
- Feel confident about helping someone who is experiencing a mental health problem
- Provide help on a first aid basis
- Help prevent someone from hurting themselves or others
- Help stop a mental illness from getting worse
- Help someone to recover more quickly
- Guide someone towards the right support
- Reduce the stigma of mental health problems

On completion of the course you'll receive an Adult MHFA manual that you can take away with you and also an attendance certificate from MHFA England to say that you are now a Mental Health First Aider.


Adult MHFA Half Day

The Mental Health First Aid Half Day is now a 4 hour introductory Mental Health Awareness course to help increase participants' knowledge and understanding of mental health, including stress recovery and stigma. It also aims to increase their confidence to begin a conversation about mental health.

Topics covered are:

- An understanding of 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
- Confidence to support someone in distress or who may be experiencing a mental health issue

On completion you will get an MHFA manual to keep and refer to whenever you need it and a certificate to say you are MHFA Aware.



Helping your
workforce to
become more
mental health
aware.

Youth MHFA Two Day

Youth MHFA is a two day internationally recognised course designed specifically for those over the age of 16 that teach, work, live with or care for young people aged 8 - 18 years. You will learn how to support a young person who might be experiencing mental and emotional distress, and how to provide information, tools and techniques to promote a young person's mental and emotional wellbeing.

Course Overview:

The course is delivered through a mix of presentations, group discussions and group work activities and is split up into four manageable chunks, these are:

- What is mental health?
- Depression and anxiety
- Suicide and psychosis
- Self-harm and eating disorders.

Throughout the course you will also cover other topics specific to young people that include:

- Child and adolescent development
- Bullying/cyber bullying
- Substance misuse and promoting protective factors
- Good parenting.

During the course, you'll learn how to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person experiencing a problem
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help prevent a mental health illness from getting worse
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

On completion of the course you'll receive a Youth MHFA manual and an attendance certificate from MHFA England to say that you are now a Youth Mental Health First Aider.

Applied Suicide Intervention Skills Training (ASIST)

This two day interactive workshop is for everyone aged sixteen or older who wants to be able to provide suicide first aid, regardless of prior experience. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Workshop Features:

- Delivered by two Living Works registered trainers
- A scientifically proven intervention model
- Powerful audio-visual learning aids
- Group discussions
- Skills practice and development

Workshop Overview

The ASIST workshop teaches participants to recognize when someone may be at risk of suicide, how to intervene and work with them to create a plan that will support their immediate safety and help prevent the immediate risk of suicide. The course is divided into five sections that follow in a logical progression to gradually build comfort and understand around suicide and suicide intervention.

Preparing; Sets the tone and expectations of the learning experience.

Connecting; Sensitises participants to their own attitudes towards suicide and creates an understanding of the impact that attitudes can have on the intervention process.

Understanding; Monitors the intervention needs of a person at risk. Focusing on providing participants with the knowledge and skills to recognise risk and develop safe plans to reduce the risk of suicide.

Assisting; Presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.

Networking; Generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

On completion of the workshop you'll receive a twenty-page workbook, wallet card, stickers and a certificate.

Page 5. To book: Call 01793 432031 or email admin@sgmind.org.uk.

safeTALK

safeTALK is a half day training in suicide alertness. Participants do not need any formal preparation to attend the training, anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

Most people with thoughts of suicide don't want to die, instead they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life.

Course Overview: safeTALK helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Trainers will facilitate participants' involvement through presentations, audio- visuals, discussions and questions.

Over the course of the training you will learn to:

- Notice and respond to situations where suicide thoughts may be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further suicide-safer help.

Workshops & Talks

We offer short presentations in companies as an introduction to Mental Health in the workplace and we also offer a selection of workshops, please see below for a list of our most popular workshops and talks which may suit your needs.

If you feel you have a bespoke training requirement we can also develop and tailor something unique to your business.

We aim to be flexible to meet your business's needs, this means prices vary depending on your different requirements such as number of workshops, time and number of participants.

Workshop Outlines

- Workshops are 1.5 hours in duration
- Each workshop includes an activity around the subject
- Topics can be condensed in to 1 hour workshops or 30 minute presentation

Wellbeing Skills

- What is Wellbeing
- Understanding the Five ways to wellbeing
- Reflection, and creating your own plan
- Putting the plan into practice

Mental Health Awareness

- What is mental health
- How to spot the signs and symptoms of ill mental health
- How to respond to and communicate with someone experiencing mental health difficulties
- Where to signpost to professional external help

Stress at work and home

- To understand stress and how it affects our body
- Identify individual sources of tension and stressors
- Learn ways of self-help to reduce the impact of stress

Anxiety at work and home

- To understand the difference between stress and anxiety
- To understand anxiety and how it affects our body
- To begin to identify your own anxieties
- Learn ways of self-help to reduce anxiety

Depression at work and home

- To understand more about how our mood changes.
- Understanding signs and symptoms of depression.
- Consider what helps with depression.
- Learn ways of self-help

Strengthening personal resilience

- What is resilience?
- The power of words
- The reality and levels of resilience.
- Reflection and creating an individual plan.

Being Active for better mental Health

- Why we're here and what is the Be Active project
- Links between physical and mental health
- How getting active can improve mental health
- Ways to increase physical activity
- Staying motivated

Strengthening personal resilience

- What is resilience?
- The power of words
- The reality and Levels of resilience
- Reflection and creating an individual plan

Suicide awareness

- Thoughts of suicide
- Facts and myths
- The power of words
- Creating a safe space
- Asking the question
- What next



Please contact us to
discuss further details
of delivery, availability
and costs for
workshops & talks

Funded Training

Swindon and Gloucestershire Mind are working in partnership with Age UK Wiltshire to deliver free training to people working in the below sectors in Swindon until September 2019:

- Emergency Services
- Care Provision
- Voluntary Organisations
- Health Services

The free courses on offer are:

Course	Duration	Delegates		Overview
		Min	Max	
Mental Health Awareness workshop	1 or 2 hours	4	25	<ul style="list-style-type: none"> • What is mental health and the parity of esteem with physical health. • How to spot the signs and symptoms of ill mental health. • How to respond to and communicate with someone experiencing mental health difficulties. (Looking at the mental health continuum and using the ABC Approach). • How to remain resilient to dealing with mental health issues at work. (Using 5 ways to wellbeing). • Where to signpost to professional external help.
5 Ways to Wellbeing Workshop	1 or 2 hours	4	25	<ul style="list-style-type: none"> • What is Wellbeing? • Exploring the 5 ways to wellbeing: Connect, Be Active, Keep Learning, Give, Taking notice. • Creating a Wellbeing action plan and how to put that plan into practice.

*Please note places are limited and will be on a first come first serve basis.

Wellbeing for Schools

Wellbeing for Schools is a programme to deliver workshops and assemblies to pupils around the 5 Way to Wellbeing, running one of the 5 Ways each term.

Teachers and staff will be provided with the opportunity to attend our Youth Mental Health First Aid course and attend bespoke workshops as arranged.

If you work in the education sector and this may be of interest to you please do get in touch to discuss further.

The FIVE ways to wellbeing, researched by The Children's Society found that:

"Children who more frequently take notice of their surroundings, teach themselves new things, connect with people around them, and read for fun are likely also to have a higher level of subjective well-being."

Taken from www.childrensociety.org.uk/ways-to-well-being



Course Schedule & Costs

Scheduled Courses			
Course	Duration	Dates	Cost per delegate
Mental Health First Aid (Adult)	2 Days	15 th - 16 th April 2019 - FULL	*125.00
ASIST	2 Days	8 th - 9 th May 2019 - FULL	£85.00
Mental Health First Aid (Adult)	2 Days	3 rd - 4 th June 2019	*125.00
Mental Health First Aid (Youth)	2 Days	18 th - 19 th June 2019	*125.00
Mental Health First Aid (Adult)	2 Days	9 th - 10 th July 2019	*125.00
Mental Health First Aid (Youth)	2 Days	18 th - 19 th September 2019	*125.00
ASIST	2 Days	6 th - 7 th November	*125.00

*Concessions may be available for public, voluntary and third sector organisations

In House Courses			
Course	Number of Delegates		Cost
	Minimum	Maximum	
Mental Health First Aid (Adult)	8	16	£1400.00
Mental Health First Aid Lite	8	24	£860.00
Mental Health First Aid (Youth)	8	16	£1400.00
ASIST	8	24	£1720.00
SafeTALK	8	30	£650.00

Dates for delivery will be dependent on staff capacity and availability

Swindon and Gloucestershire Mind reserves the right to amend course dates and prices at our discretion.

Could we become partners?

The chances are if you are reading this brochure then you already have an interest in raising the awareness of mental health and workplace wellbeing, therefore you may want to explore how you or your organisation can further help support Swindon and Gloucestershire Mind continue to share the message.

- Does your organisation have charitable partnerships already in place that are reviewed regularly?
- Do you have a charity of the year?
- Does your organisation or you as an individual carry out any fundraising events?

If the answer to any of the above is yes and you would consider Swindon and Gloucestershire Mind as your charity of choice, please do get in contact as we would love to discuss any partnership opportunities further.

Tel: 01793 432031

Email: admin@sgmind.org.uk

Donate: <https://www.justgiving.com/swindon-gloucestershiremind>

We are grateful for the continued support and generosity of local employers

Swindon and Gloucestershire Mind

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Gloucestershire**