

Wiltshire Mind Mental Health Training

Course Brochure

(February 2021)



Introduction

- Our training courses are designed for people who are looking for more knowledge and understanding of mental health. We provide both half-day awareness courses, along with more detailed two-day courses. The courses are suitable for individuals and businesses.
- All courses are delivered in partnership with My White Dog who are Instructor Members with MHFA England.
- Our partners kindly deliver courses for us at a discounted rate so that we can offer them to people in our community at a lower cost than market rate, whilst also raising much needed funds to deliver our mental health support services, such as counselling and peer support groups.
- Courses can be booked by groups of 8 – 12 people, and allows for some tailoring of the course agenda to suit your groups needs. These courses are suitable both for organisations or groups of individuals who have similar needs (e.g. self-employed people, parents etc). Please note, if you have less than 8 delegates, it might be more cost effective to attend an open course. This will be attended by other members of the public and therefore no tailored facilitation will be possible. Please see the Group Courses section for further information.
- We also run open courses which can be booked by individuals. Attendance is limited to 12 people per course to ensure you are kept safe and supported whilst you learn. Please see the Open Courses section for further information and check our website for details of future course dates.



Mental Health in the Workplace

Some employees may feel unable to talk about their mental health at work due to perceived stigma and fear of being judged. By creating a culture of support within an organisation, this can help employees feel more confident to talk about their mental health and then be able to access appropriate support to aid their wellbeing.

A recent report found that whilst many managers believe that supporting the wellbeing of their staff is a key skill, only 13% have received any training.²

Providing mental health awareness training at all levels across your organisation can help provide a culture of support for anyone experiencing problems with their mental health. This provides a positive message that you are happy to invest in the wellbeing of your employees. Where relevant, you can book a separate group course for your Managers which means we can tailor the content accordingly and facilitate important discussions about how to support employees at your particular organisation.

We can also provide more in-depth training if you wish to create a network of Mental Health First Aiders across your organisation to further support your employees. This might include a mixture of both managers and employees. Again, if you wish to book a separate group course for Managers, this can help with important discussions about how to use the course learnings consistently across the organisation.



During 2018/19, stress, depression or anxiety accounted for 44% of all work-related ill health and 54% of all working days lost due to ill health.¹

¹ Labour Force Survey 2018/19, Health & Safety Executive | ² The Princes Responsible Business Network - The Mental Health at Work Report (2019): Time to Take Ownership

Mental Health for Adults

We all experience difficulties with our emotional wellbeing from time to time, however when these difficulties continue for a prolonged period of time and start to impact our ability to enjoy life, this might be considered a mental health problem.

Not everyone understands what it means to have a mental health problem. This can lead to stigma and discrimination. People who are experiencing mental ill health may be less likely to talk about this or seek help and support because they are worried about being judged.

More people than ever are getting help when experiencing a mental health problem, but this is still limited to only a third of those experiencing common symptoms.²

Our adult mental health awareness training can help you gain a better understanding of common mental health problems, how to tackle stigma around this and how to support both your own and others wellbeing.

For a more in-depth understanding, our adult mental health first aid course can provide additional information in supporting other adults who are facing mental health problems. This includes gaining confidence in how to support someone in distress, and what other resources are available for them.



1 in 6 people report experiencing at least one common mental health problem (such as stress, anxiety or depression) in any given week.¹

¹ NHS Digital (2016) Mental Health and Wellbeing in England, Adult Psychiatric Morbidity Survey 2014 | ² Public Health England Fingertips Tool

Mental Health for Children and Young People

It can be difficult for children and young people to understand the signs and symptoms of mental health problems, and they may feel unable to talk about this or ask for help.

A recent study highlighted that two thirds of young people could not find support when they first needed it. Three quarters of young people with mental health problems agreed that they had had to manage their mental health on their own when they couldn't find help elsewhere but very few felt confident in their ability to do this.²

Our mental health awareness course can help parents, guardians and other adults in the caring and teaching professions to spot when a young person may be struggling with their wellbeing. It will give you the skills to have an open conversation with them and know where to look for additional support.

For a more in-depth understanding, particularly for those working with multiple children and young people, our mental health first aid course can provide additional knowledge in supporting young people. Including how to build an action plan for each individual, and also how to take care of yourself in a supporting role.



In 2020, one in six children aged 5 to 16 years were identified as having at least one mental health problem.¹

¹ NHS Digital (2020) Mental Health of Children and Young People in England, 2020 | ² YoungMinds (2019) Act Early for young people's mental health

Group Courses



Adult Mental Health Awareness (Group)

- Course Overview:**
- What mental health is and how to challenge stigma
 - A basic knowledge of some common mental health problems
 - 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 problem.
- Suitable for:**
- Line managers and staff who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of mental health problems and understand resources for help and support.
- Duration:**
- Half day (up to 4 hours).
- Delegates:**
- Between 8 – 12 people.
- Cost:**
- Set fee of £675 plus £20 per person for course materials
 - (The market rate for this course would ordinarily be valued at £1,500 for 12 delegates).
- Format:**
- Online via Zoom video conferencing.
- Includes:**
- Certificate to say you are Mental Health Aware
 - Manual and workbook for reference
 - Workbook including a helpful toolkit to support your own mental health.
- Tailoring:**
- We offer an initial planning session to discuss any specific requirements for your organisation. For example, if the session is for line managers we can include a facilitated discussion on how to support staff members who are facing mental health problems.

Adult Mental Health First Aid (Group)

- Course Overview:**
- Qualifies you as a Mental Health First Aider
 - An in-depth understanding of mental health and the factors that can affect wellbeing
 - Practical skills to spot the triggers and signs of mental health problems
 - Confidence to step in, reassure and support a person in distress
 - Enhanced interpersonal skills such as non-judgemental listening
 - Knowledge to help someone recover their health by guiding them to further support.
- Suitable for:**
- Organisations who wish to create a network of Mental Health First Aiders to support employees in the workplace.
 - Front line employees who wish to feel confident and skilled in supporting customers and members of the public.
- Duration:**
- Two full days, usually arranged over two consecutive weeks.
- Delegates:**
- Between 8 – 12 people.
- Cost:**
- Set fee of £2,385 plus £24 per person for course materials
 - (The market rate for this course would ordinarily be valued at £3,600 for 12 delegates).
- Format:**
- Individual learning activities plus four live instructor-led sessions via an online learning hub.
- Includes:**
- Certificate of attendance to say you are a Mental Health First Aider
 - Manual and workbook for reference
 - Quick reference card for the Mental Health First Aid action plan
 - Workbook including a helpful toolkit to support your own mental health.
- Tailoring:**
- We offer an initial planning session to discuss any specific requirements for your organisation. For example, to understand how the MHFA role is utilised at your organisation, which enables our Trainer to include this within one of the sessions.

Youth Mental Health Awareness (Group)

- Course Overview:**
- Some of the common mental health problems affecting young people, including depression, anxiety, eating disorders and psychosis
 - Skills to work more effectively with young people living with mental health problems
 - Ways to support young people with a mental health problem and relate to their experiences.
- Suitable for:**
- Groups of teachers, parents or carers supporting young people (aged 8-18) who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of mental health problems and understand resources for help and support.
- Duration:**
- Half day (up to 4 hours).
- Delegates:**
- Between 8 – 12 people.
- Cost:**
- Set fee of £675 plus £20 per person for course materials
 - (The market rate for this course would ordinarily be valued at £1,500 for 12 delegates).
- Format:**
- Online via Zoom video conferencing.
- Includes:**
- A certificate to say you are Youth Mental Health Aware
 - A manual and workbook to keep and refer to
 - Access to ongoing support and resources.
- Tailoring:**
- We offer an initial planning session to discuss any specific requirements for your organisation. For example, if the session is for a group of teachers this might include a facilitated session on discussing boundaries when supporting students.

Youth Mental Health First Aid (Group)

- Course Overview:**
- Qualifies you as a Youth Mental Health First Aider
 - An in-depth understanding of mental health and the factors that can affect wellbeing
 - Practical skills to spot the triggers and signs of mental health problems
 - Confidence to step in, reassure and support a person in distress
 - Enhanced interpersonal skills such as non-judgemental listening
 - Knowledge to help someone recover their health by guiding them to further support
 - Each session is built around a Mental Health First Aid action plan.
- Suitable for:**
- Groups of teachers, parents or carers supporting young people (aged 8-18) who want to gain a more in-depth understanding and confidence in spotting signs, offering first aid and guiding them towards the support they need.
- Duration:**
- Two full days, usually arranged over two consecutive weeks.
- Delegates:**
- Between 8 – 12 people.
- Cost:**
- Set fee of £2,385 plus £24 per person for course materials
 - (The market rate for this course would ordinarily be valued at £1,500 for 12 delegates)
- Format:**
- Individual learning activities plus four live instructor-led sessions via an online learning hub.
- Includes:**
- A certificate of attendance to say you are a Youth Mental Health First Aider
 - A manual to refer to whenever you need it
 - A quick reference card for the Mental Health First Aid action plan
 - A workbook including a helpful toolkit to support your own mental health.
- Tailoring:**
- We offer an initial planning session to discuss any specific requirements for your group. For example, to understand how the MHFA role is utilised at your organisation, which enables our Trainer to include this within one of the sessions.

Open Courses for Individuals

Adult Mental Health Awareness (Individual)

- Course Overview:**
- What mental health is and how to challenge stigma
 - A basic knowledge of some common mental health problems
 - 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 problem.
- Suitable for:**
- Individuals who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of mental health problems and understand resources for help and support. This might include supporting people in the workplace or your personal life.
- Duration:**
- Half day (up to 4 hours).
- Delegates:**
- Maximum of 12 people on one course.
- Cost:**
- £95 including course materials
 - (The market rate for this course would ordinarily be valued at £125).
- Format:**
- Online via Zoom video conferencing.
- Includes:**
- Certificate to say you are Mental Health Aware
 - Manual and workbook for reference
 - Workbook including a helpful toolkit to support your own mental health.
- Tailoring:**
- As the course will be attended by individual members of the public, we cannot tailor the course to your needs. However there will be a chance for you to ask any particular questions you may have.

Adult Mental Health First Aid (Individual)

- Course Overview:**
- Qualifies you as a Mental Health First Aider
 - An in-depth understanding of mental health and the factors that can affect wellbeing
 - Practical skills to spot the triggers and signs of mental health problems
 - Confidence to step in, reassure and support a person in distress
 - Enhanced interpersonal skills such as non-judgemental listening
 - Knowledge to help someone recover their health by guiding them to further support.
- Suitable for:**
- Individuals working in organisations who wish to create a network of Mental Health First Aiders to support employees in the workplace
 - Individuals working in front line roles who wish to feel confident and skilled in supporting customers and members of the public
 - Individuals supporting or caring for people with mental health problems who wish to feel confident and skilled in providing support.
- Duration:**
- Two full days, usually arranged over two consecutive weeks.
- Delegates:**
- Maximum of 12 people on one course.
- Cost:**
- £285 including course materials
 - (The market rate for this course would ordinarily be valued at £300).
- Format:**
- Individual learning activities plus four live instructor-led sessions via an online learning hub.
- Includes:**
- Certificate of attendance to say you are a Mental Health First Aider
 - Manual and workbook for reference
 - Quick reference card for the Mental Health First Aid action plan
 - Workbook including a helpful toolkit to support your own mental health.
- Tailoring:**
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Youth Mental Health Awareness (Individual)

- Course Overview:**
- Some of the common mental health problems affecting young people, including depression, anxiety, eating disorders and psychosis.
 - Skills to work more effectively with young people living with mental health problems
 - Ways to support young people with a mental health problem and relate to their experiences.
- Suitable for:**
- Teachers, parents and carers supporting young people (aged 8-18) who want to gain the necessary skills to have a non-judgmental conversation, recognise the signs and symptoms of mental health problems and understand resources for help and support.
- Duration:**
- Half day (up to 4 hours).
- Delegates:**
- Maximum of 12 people on one course.
- Cost:**
- £95 including course materials
 - (The market rate for this course would ordinarily be valued at £125).
- Format:**
- Online via Zoom video conferencing.
- Includes:**
- A certificate to say you are Youth Mental Health Aware
 - A manual and workbook to keep and refer to
 - Access to ongoing support and resources.
- Tailoring:**
- As the course will be attended by individual members of the public, we cannot tailor the course to your needs. However there will be a chance for you to ask any particular questions you may have.

Youth Mental Health First Aid (Individual)

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 - Confidence to step in, reassure and support a person in distress
 - Enhanced interpersonal skills such as non-judgemental listening
 - Knowledge to help someone recover their health by guiding them to further support
 - Each session is built around a Mental Health First Aid action plan.
- Suitable for:**
- Teachers, parents and carers supporting young people (aged 8-18) who want to gain a more in-depth understanding and confidence in spotting signs, offering first aid and guiding them towards the support they need.
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- Includes:**
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 - A manual to refer to whenever you need it
 - A quick reference card for the Mental Health First Aid action plan
 - A workbook including a helpful toolkit to support your own mental health.
- Tailoring:**
- As the course will be attended by individual members of the public, we cannot tailor the course to your needs. However there will be a chance for you to ask any particular questions you may have.

Contact

If you have any queries or would like to book a course, please contact us on:

training@wiltshiremind.co.uk

01225 705532

