



Training from Swindon and Gloucestershire Mind

2018



Swindon and
Gloucestershire

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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.

Our aim is to provide a range of cost effective, flexible training workshops, courses and talks for both the public and businesses to promote wellbeing, sharing knowledge to give a deeper understanding of Mental Health, and also to reduce stigma and discrimination. These raise the level of health, wellbeing and engagement, so that people can thrive. Research shows people perform better when they're happy whether that be in life generally, and also in work situations.

Currently, approximately nearly 20 percent of people in the workplace are experiencing depression, anxiety and stress. Poor mental health is now the number one reason for sickness absence.

Our workshops are delivered with sensitivity, tact and diplomacy. Because of their background, our trainers know how to create a learning environment that feels safe and supportive, while still giving people the tools they need to live and work well.

Whatever solution you're looking for, we're here to help. We look forward to working with you.

Hazel Howe

Interim CEO, Swindon Mind

Training Courses

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.

Our 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

We know that many people feel stuck for what to say or what to do when it comes to mental health, this is a half day course aiming to help change people's perspectives of what it means to have a mental health condition, so they can draw upon that knowledge at work to foster supportive relationships with others. When we don't understand what is happening to others (or ourselves) we can feel ill-equipped to help.

Course Overview: This popular course is suitable for people who wish to learn more about mental health. It intends to broaden people's view of what mental health is, what it means to have a mental health condition and how we can help reduce stigma, so everyone feels included, supported and able to live & work well. We will also look at the factors that promote recovery and wellbeing and find ways to talk about mental distress in a sensitive way.

Topics covered are:

- Understanding the stigma that surrounds mental health in the workplace
- Increasing awareness of attitudes towards mental health and illness
- Recognising the continuum of mental health and who is effected
- Identifying key factors that affect mental health and wellbeing
- Recognising and understanding some of the most common signs and symptoms of mental health conditions
- Clarifying services that are available, and considering what is helpful for people experiencing stress or mental distress
- Acquiring the confidence to deal with people who may be experiencing mental health problems



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.

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:

- Presentations and guidance from 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 understanding 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.

safeTALK

safeTALK is a half day training in suicide alertness. Participants don't 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.

- Wellbeing Skills
- Strengthening Personal Resilience
- Understanding and Managing Stress
- Understanding and Managing Anxiety
- Understanding and Managing Depression
- Exercise and Mental Health

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

Events

We are seeing an increasing amount of local employers holding wellbeing events to raise the profile of workplace wellbeing and mental health within their organisations.

If this may be something you are considering please do get in touch to see if we have availability to support your event.

Or why not invite someone from Swindon Mind to have an information stand over a lunchtime where people can pop in and talk, ask questions, pick up some top tips for coping with Mental Health difficulties and find out how to connect with local support and services.

5 Ways to Wellbeing for Schools

The 5 Ways to Wellbeing for Schools is currently a pilot scheme, we are liaising with a small group of schools in Swindon to support their individual needs.

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

We also have 5 Ways to Wellbeing workshops for children, running one of the 5 Ways each term, with individual wellbeing plans and certificates to give at the end of each term.

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,



Five ways to
wellbeing

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

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

Course Schedule & Costs

Scheduled Courses

| Course | Duration | Dates | Cost per delegate |
|--|----------|--|-------------------|
| Adult Mental Health First Aid | 2 days | 20 th - 21 st February 2018 17 th -18 th April 2018 | *£125 |
| Adult Mental Health First Aid Lite | ½ day | 6 th February 2018 | £75 |
| Youth Mental Health First Aid | 2 days | 30 th - 31 st January 2018 24 th -25 th April 2018 | **£25 |
| Applied Suicide Intervention Skills Training | 2 days | 5th - 7th June 2018 | £85 |
| safeTALK | ½ day | TBC | £35 |

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

**Course currently fully or part funded, these costs are limited to scheduled courses only and will be available for a restricted period of time.

In-house Courses

| Course | No. of Delegates | | Cost |
|--|------------------|-----|-------|
| | Min | Max | |
| Adult Mental Health First Aid | 8 | 16 | £1400 |
| Adult Mental Health First Aid Lite | 8 | 24 | £850 |
| Youth Mental Health First Aid | 8 | 16 | £1400 |
| Applied Suicide Intervention Skills Training | 8 | 24 | £1720 |
| safeTALK | 8 | 30 | £650 |

*Dates for delivery will be dependent on staff capacity and availability

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

To book: Call 01793 432031 or email admin@swindonmind.org

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 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 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@swindonmind.org

Donate: <https://mydonate.bt.com/charities/swindonmind>



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



ASIST

Applied Suicide Intervention Skills Training



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