



Training in Mind
Hyfforddiant Mewn Meddwl



Training in Mind

For Everyone's Wellbeing

Prospectus



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About Us

Training in Mind is a social enterprise that provides training in the areas of mental health and wellbeing; a statutory Relevant Person's Representative (RPR) service; and a Welsh language translations service for which we offer subsidised rates for charitable organisations.

Profits raised through Training in Mind go to charitable organisations and causes, including Torfaen and Blaenau Gwent Mind, to sustain charitable work and services provided to the community.

Why is Training Important?

Training is essential to equip people with tools, understanding and confidence to deal with all kinds of mental ill-health and wellbeing issues. Given the current climate in the UK surrounding mental health, the likelihood of encountering issues both personally, and professionally is almost guaranteed.

Training provides participants with knowledge, awareness, and resources to which they can refer, to support individuals and manage situations. Training will also reduce the stress one can experience through fear of the unknown, and anxiety associated with thoughts of perhaps not knowing how to support someone suffering emotional distress.



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Benefits of Training

- Participants will be equipped with the necessary skills to meet the challenges surrounding personal, day-to-day, and professional mental health issues.
- In the workplace, better equipped staff means the provision of better service.
- Personally: familial communication, understanding and atmosphere can be improved.
- Increased motivation and morale evidenced in increased productivity.
- There may be a reduction in sickness leave due to early intervention and better management of issues surrounding mental health.
- Improved confidence, culture and commitment within organisations due to workplace taking a proactive approach to improving mental wellbeing of workforce.
- Improved self-awareness surrounding personal mental health and wellbeing allowing individuals to foresee and manage potential issues before they spiral to emotional unwellness.



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Understanding Mental Health

1/2 day course

This course provides participants with an awareness and understanding of different types of mental health issues including stress, depression, anxiety, mood, and personality disorders.

The course also incorporates strategies for managing your personal mental health and wellbeing as well as helping participants to recognise the indicators of mental ill-health in themselves and in others.

Suitable for: Everyone.

The responsibility of the challenges surrounding mental health falls on us all. With a high probability of it affecting us personally, someone we love or a co-worker, learning the signs of mental ill-health and how to communicate around issues is paramount to dispelling stigma and encouraging a more inclusive and supportive society.

“Mental health conditions account for the largest share of the burden of disease on the population of the United Kingdom.”

World Health Organisation, 2006

Mental Health in the Workplace

1/2 day course

Mental Health in the Workplace is an interactive half-day course which enables the participants to:

- Develop a greater understanding and awareness of good mental health.
- To recognise indicators of occupational stress and mental ill-health in both oneself and others.
- To consider the wider influences that can contribute to mental ill-health.
- To understand how to support colleagues that are troubled by poor mental health.
- To know where to go to get support when it is needed.

Suitable for: Anyone in a work environment to help understand mental health and react sensitively to the situation.

Benefits:

- A more productive, focussed and committed workforce with a better understanding of how to support each other.
- Possible reduction in sickness levels due to early intervention.
- Improved culture of workplace.



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Stress Management

1/2 day course

Stress Management is an interactive half-day course which increases participants' understanding of the nature of stress, and its effects on the mind, body and behaviour.

This training provides participants with:

- Essential knowledge and understanding of the effects of stress.
- The effects stress can have on our mind and body.
- Effective practical techniques to handle life's stresses.
- Resources to take away from the session to manage stress.

Suitable for: Everyone! We all encounter stress!

Benefits:

- Helping people manage stress and refocus their way of thinking.
- To reduce the impact stress has on people's ability to work effectively.
- Reduce the impact stress can have on our lives.
- Reduce absence (from both work and social occasions!) associated with stress.



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Understanding Dementia and Alzheimer's

1/2 day course

This course aims to provide participants with an understanding of the symptoms of Dementia and Alzheimer's, and how these illnesses affect sufferers and families. Participants will learn:

- Early to advanced symptoms of Dementia and Alzheimer's.
- How the illnesses affect individuals, the family unit and the community.
- How to help support sufferers and/or family of sufferers of Dementia and Alzheimer's.
- What help and support is available.
- What to expect of the illnesses and help to plan for the future.

Suitable for: Anyone in contact with sufferers or families of those suffering with Dementia or Alzheimer's.

“Over 1.5 million people in the UK, including both people with dementia and their carers, would benefit from dementia treatments today; that's more than the combined populations of the cities of Bristol, Manchester and Sheffield.”

Alzheimer's Research UK, 2016

Mental Health for Men

1/2 day course

There currently seems to be a huge taboo regarding men and mental health issues; discussions, accessing help and acknowledging issues seem to be more difficult for men. We believe stigma and a lack of understanding on a broad societal scale is to blame, and we don't think this is right.

The course aims to:

- Instil a greater understanding of contributing factors and causes of mental ill-health in men in participants.
- To demystify mental health issues through outlining the mechanics of stress, depression, anxiety, and how they affect the mind and body.
- Inform participants on coping mechanisms to keep potential issues in hand and how to access help should things get unmanageable.
- Encourage participants to be more open to discussing and prioritising mental health and wellbeing, as we do physical health.

Suitable for: Men, people working with men or anyone affected by men's mental health.

Just over three out of four suicides (76%) are by men and suicide is the biggest cause of death for men under 35

Office for National Statistics, 2014

Mental Health Policy Consultation

One of the things that can help protect organisations and staff from the impact that mental ill-health can have in the workplace is a mental health policy.

The negative effect mental ill-health - even at a low level - can have on the efficacy and productivity of a workplace can be great; not just when it comes to absenteeism, but also the effect on the culture of the organisation and staff morale. Employees can be affected in teams, as well as individually, and very often the contagious effect of stress can be evident.

Training in Mind can help organisations and businesses to develop a mental health policy that will fit around their individual values and needs, taking into account the difficulties surrounding targets and deadlines. The approach can be as innovative as organisations would like and changes could potentially invigorate the workforce. We look at practical solutions including:

- Flexibility
- Training
- Back to work procedure following absence
- Environment/Practical considerations
- Counselling/Supervision/Support systems
- Communication

Mental Health First Aid (Wales)

2 day course

Mental Health First Aid (MHFA) is a 12 hour interactive course developed in Australia which is now delivered in 23 countries worldwide. The aim of the course is to:

- Identify signs and symptoms of common mental health problems.
- Preserve life where a person may be a danger to themselves or others.
- Provide help to prevent a mental health problem developing into a more serious issue.
- Promote recovery of good mental health.
- Provide comfort to a person experiencing mental distress.
- Provide information on how to access help and support.

Suitable for: Everyone, especially helpful to frontline workers.

Benefits:

- Learn how to recognise when a person might need help and the best way to approach them.
- Learn what protects your own and other people's mental health.
- Learn new skills that are applicable in all aspects of life.



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Mental Health First Aid (Wales)

2 day course

Youth Mental Health First Aid (YMHFA) is not unlike MHFA, but focusses on mental health issues affecting young people and their associated problems, including:

- What is meant by mental health/mental ill-health
- Signs and symptoms of common mental health problems in young people
- The range of effective interventions and treatments
- How to access help and support

Suitable for: Anyone in contact with young people.

Benefits

- Learn how to recognise when a person might need help and how best to approach them.
- Learn how to help young people understand their own mental health
- Learn new skills that are applicable in all aspects of life

1 in 10 young people in the UK have a mental health problem.

Child and Adolescent Mental Health Survey, Office for National Statistics, 2004



Applied Suicide Intervention Skills Training (ASIST)

2 day course

ASIST is a two day course in suicide intervention. ASIST places particular emphasis on the safety of participants, recognising the possibility that participants may be vulnerable.

- The most widely used and researched suicide intervention skills training in the world.
- In-depth, practical training.
- Very effective intervention tool that combines the benefits of active listening with a practical, directive approach.
- Empathic, person-centred approach based on trust and good communication.
- Highly experienced trainers from a wide variety of backgrounds.

Suitable for: Front-line workers and community members seeking to prevent the risk of suicide.

Benefits:

- Practical knowledge to identify and help someone at risk of suicide.
- Confidence in dealing with what is a very emotional and difficult situation.
- Reduction in absence associated with dealing with these kind of occurrences.



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TuneUp

1/2 day refresher course for people already trained in ASIST

TuneUp provides participants with the opportunity to reflect on their experiences of using the ASIST model, share this with other ASIST trained individuals and reacquaint themselves with the resources and networks available.

TuneUp strives to review the key concepts and skills that participants learned, including:

- Examining attitudes to suicide.
- Reviewing risk.
- Making safe-plans.
- The use of the Suicide Intervention Model.

Suitable for: People who are already ASIST trained.

Benefits:

- The chance to reacquaint yourself with the ASIST model and renew confidence in using it.



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Prices

Call us regarding in-house training, as prices will generally be lower.

Course Name	Length of Course	Cost Per Person
Understanding Mental Health	1/2 Day	£45
Mental Health in the Workplace	1/2 Day	£45
Stress Management	1/2 Day	£45
Understanding Dementia and Alzheimers	1/2 Day	£45
Mental Health for Men	1/2 Day	£45
Mental Health First Aid (Wales)	2 Days	£120
Youth Mental Health First Aid (Wales)	2 Days	£120
ASIST	2 Days	£150
TuneUp (ASIST Refresher Course)	1/2 Day	£45 (£19 Volunteers)

Mental Health Policy Consultations start from £400 with subsidised rate for charitable organisations.