

Mental Health and Wellbeing Training

Capacity Building Contract

January to March 2024 Schedule

Table of Contents

How to book.....	2
Trauma and Mental Health.....	3
SMHFA (Scottish Mental Health First Aid)	4
ASIST (Applied Suicide Intervention Skills Training)	5
Mental Health in the Workplace: A Guide for Managers.....	6
Menopause and Mental Health.....	7
Men's Mental Health Bitesize	8

How to book

To enquire about booking any of the following training courses, please fill in the information requested on [this form](#).

Alternatively, scanning the QR barcode below will also take you to the form.



Please note this is not confirmation of your booking - someone from our team will be in touch shortly via email to confirm.

If you are unable to fill in this form, please contact us on workplace@samh.org.uk.

Trauma and Mental Health

This course aims to provide participants with the confidence and skills to spot potential trauma and to adopt a trauma informed approach when supporting others. The duration of this course is 3.5 hours (virtual) or 6 hours (face to face).

We cover:

- Definition of trauma and its impact on our communities
- Relationship between trauma and our mental health
- Coping strategies adopted by those impacted by trauma and how to advocate safe coping strategies
- Trauma and the brain: the relationship and impact
- Triggers and creating trauma informed environments
- Principles of trauma informed practice
- Minimising vicarious trauma and keeping ourselves safe

Date	Time	Platform/Location
15th January 2024	9:30-13:00	Microsoft Teams
30th January 2024	9:30-13:00	Microsoft Teams
8th February 2024	10:00-16:00	Brunswick House, 51 Wilson Street, Glasgow, G1 1UZ
21st March 2024	9:30-13:00	Microsoft Team

SMHFA (Scottish Mental Health First Aid)

This course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found. This course runs over 2 full days face to face.

We cover:

- Guidance on being a Mental Health First Aider
- Attitudes to mental health issues
- Equalities
- Recovery message
- Impact of alcohol and drugs on mental health
- Introduction to suicide prevention
- Listening skills
- Understanding depression, anxiety and psychosis
- How to offer first aid to someone experiencing depression, anxiety or a psychotic episode

Date	Time	Location
26th + 27th March 2024	9:00-17:00 both days	Classroom location to be confirmed

ASIST (Applied Suicide Intervention Skills Training)

LivingWorks Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may be having thoughts of suicide and work with them to create a plan that will support their immediate safety. This course runs over 2 full days face to face.

We cover:

- How personal and societal attitudes affect views on suicide and interventions
- Suicide first aid to a person at risk in ways that meet their individual safety needs
- Key elements of an effective suicide safety plan and the actions required to implement it
- Value of improving and integrating suicide prevention in the community at large
- Other important aspects of suicide prevention including life-promotion and self-care

Date	Time	Location
14th + 15th February 2024	9:00-17:00 both days	Classroom location to be confirmed

Mental Health in the Workplace: A Guide for Managers

This course/workshop will provide participants with the skills to support and manage positive mental health in the workplace. It outlines the definitions of mental health, wellbeing and stress, and what we can all do to contribute to a mentally healthy workplace culture. Participants will also explore the most commonly diagnosed mental health problems and legislation relevant to supporting employees with their mental health. The duration of this course is 3.5 hours (virtual) or 6 hours (face to face).

We cover:

- Use of proactive and intervention tools to support staff with their wellbeing in both 1 2 1 and team settings
- Spotting the warning signs that someone may be struggling with their mental health
- Common mental health problems and ways to support
- Helpful ways to have the conversation and offer support within the remit of your role
- Practical tools for creating a mentally healthy workplace culture
- Collective responsibility to contribute to workplace wellbeing
- Ways to build capacity in others throughout the organisation to champion mentally healthy workplaces

Date	Time	Platform/Location
29th February 2024	10:00-16:00	Classroom to be confirmed
7th March 2024	9:30-13:00	Microsoft Teams

Menopause and Mental Health

This workshop will raise awareness of menopause in the workplace and support for employees. It highlights issues what people face when they go through this change, and how symptoms can impact their home and working life as well as their mental health and wellbeing. This session is designed for employees or employers to explore ways they can support people to discuss the stigma, myths and conversations around menopause in the workplace. The duration of this course is 2 hours delivered virtually.

We cover:

- Definition and the stages of menopause including when they can occur in a person's life
- Common myths and beliefs about menopause
- Signs and symptoms of menopause
- Easing symptoms of menopause (*no medical advice given)
- Stigma and menopause - why do we need to talk about menopause?
- Statistics relating to menopause and the workplace
- Menopause friendly policies and the Menopause Workplace Pledge
- Reasonable workplace adjustments to support colleagues
- Signposting and follow up resources

Date	Time	Platform
27th February 2024	10:00-12:00	Microsoft Teams
14th March 2024	10:00-12:00	Microsoft Teams

Men's Mental Health Bitesize

This session will highlight current statistics in relation to men's mental health and common mental health problems men may experience. The duration of this course is 30 minutes delivered virtually.

We cover:

- Understanding the impact of stigma and toxic masculinity
- Exploring contributors to poor mental health in men
- Specific signposting and support options

Date	Time	Platform
22nd February 2024	11:30-12:00	Microsoft Teams