

Training with Mind in Salford



mindinsalford.org.uk

 mind in Salford

Our mission is to make a positive difference to the wellbeing and mental health of local people.

We offer a number of short and long courses as well as bespoke options. These courses include:

- Mental Health First Aid (MHFA)
- Awareness Courses
- Mindfulness Taster Sessions
- Workplace Wellbeing Courses
- Suicide Intervention Courses

To find out more about these and our full range of course options, please continue reading.

Why is mental health important?

1 in 4

people will experience a mental health problem in any given year



1 in 6

young people experienced a mental health problem in 2020



Poor mental health is estimated to cost UK employers between

£42bn - £45bn

each year.

Short courses

Mental Health Awareness (Half Day/Full Day)

For anyone interested
in learning more
about mental health

Course aims:

- Provide practical guidance on getting the mental health conversation started in the workplace
- Tackle the stigma that surrounds mental health
- Provide an overview of mental health conditions, symptoms, diagnosis, and treatments

Learner outcomes:

- An understanding of relevant approaches to help support someone who presents with mental distress
- An understanding of the signs, symptoms and stress of mental health in the workplace
- An understanding of the importance of wellbeing – including taking care of your own mental health



Short courses

safeTALK

(4 Hours)

For anyone wanting to learn how to support others with suicidal feelings

Course aims:

- Prepares participants to recognise suicide invitations for help and connect a person with thoughts of suicide to intervention resources
- To illustrate the importance of suicide alertness

Learner outcomes:

- Ability to move beyond common tendencies to miss, dismiss or avoid suicide
- Recognise people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to a suicide first aid intervention caregiver



Short courses

Mindfulness Taster Sessions (1 Hour/Half Day)

For anyone
interested in giving
mindfulness a go

Mindfulness is the practice of being aware of your thoughts and actions in the present moment, without judging yourself.

Our mindfulness taster sessions offer an opportunity for you to try mindfulness practices led by one of our experienced practitioners to offer a chance to relax, switch off, and boost wellbeing.

Previous participants have described these sessions as invaluable stress busters in their busy and challenging days.

In addition to our taster sessions, we also offer Practitioner Training courses and Mindfulness Based Stress Reduction (MBSR) courses - speak to our team to learn more



Short courses

Thriving at work: managing mental health in the workplace

(1 Day)

For employers and employees interested in learning more about mental health

Course aims:

- To dispel stigma and get the mental health conversation started in the workplace
- To provide an overview of mental health awareness
- To increase understanding of best practice approaches to managing mental health in the workplace
- To teach participants employer responsibilities and employee rights on mental health

Learner outcomes:

- An understanding of common mental health issues, treatment options, and how to access professional help and support
- Improved communication skills for supporting Employees / Team Members experiencing or recovering from mental ill-health
- Understanding of how to respond to and support someone experiencing mental distress

Short courses

Suicide Awareness

(2 Hours)

For anyone wanting to learn more about the stigma surrounding suicide

Course aims:

- Explore the issue of suicide and attitudes towards it
- To teach participants how they can find ways to prevent it in their communities

Learner outcomes:

- Understanding of how personal and community beliefs about suicide affect suicide stigma and safety
- Appreciation of how talking openly about suicide can help prevent it
- Confidence to contribute to suicide safety by protecting, preserving, and promoting life in their communities



Short courses

Resilience Hour

(1 Hour)

Course overview:

For everyone looking to improve their resilience

Positive, informal Sessions up to 1 hour that teach practical exercises & techniques that support participants to:

- improve resilience
- reduce stress and anxiety
- create better sleeping patterns
- improve mood

These sessions offer ongoing support for staff and highlight the importance of mental health and wellbeing, as well as self care and compassion.

Each participant will get a handout with exercise they can do and apply to future working/personal stressful life situations.



Short courses

Suicide First Aid Training (City & Guilds Accredited) (1 Day)

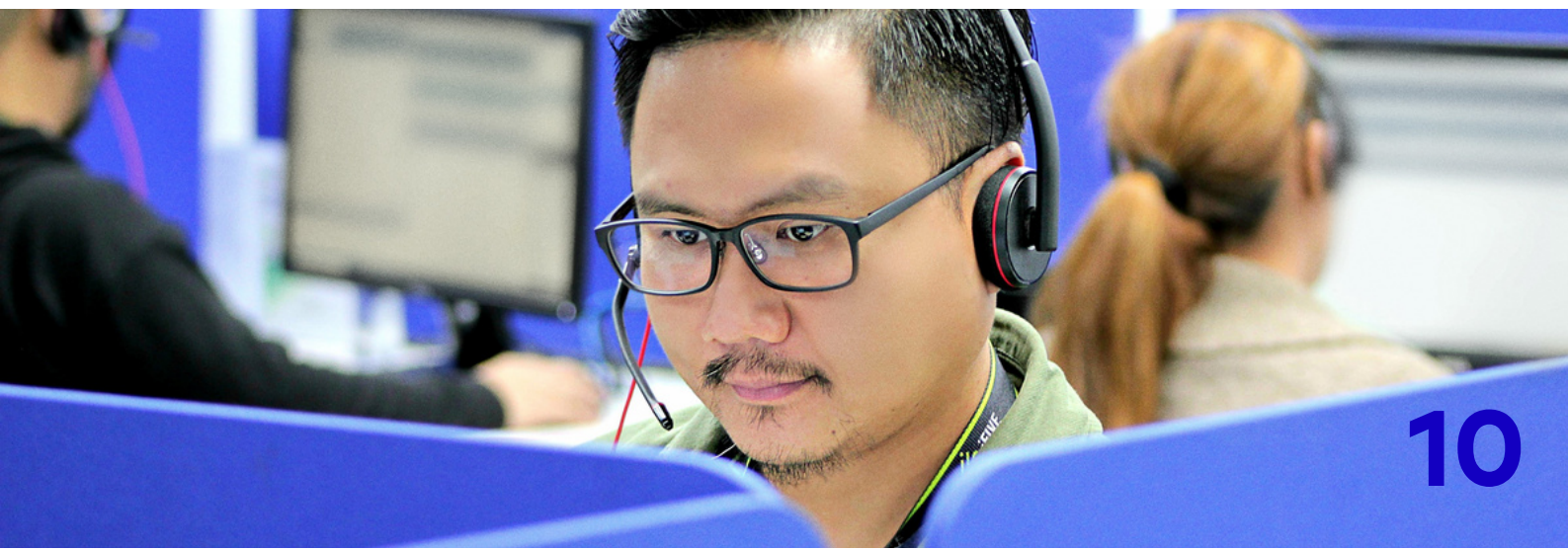
For anyone wanting
to learn suicide
intervention skills

Course aims:

- This course teaches the theory and practice of suicide intervention skills, for professional or personal application
- Accredited by City & Guilds of London, this course aims to increase understanding and confidence to intervene with people at risk of suicide.

Learner outcomes:

- An understanding of suicidal behaviour and the magnitude of the issue
- Understand the role of the carer in managing suicide interventions
- Understand approaches and process of suicide intervention including desired outcomes
- Understand the importance of self-reflection and personal impact when working with suicide and people at risk



Longer courses

Mental Health First Aid (MHFA)

(2 Days)



MHFA England

What is MHFA?

- Evidence-based, internationally recognised training course
- Accredited by the Royal Society for Public Health
- In a workplace or day-to-day life, trained Mental Health First Aiders can be a first port of call for anyone in mental distress

Who is it for?

- Individuals, companies/workplaces, or anyone with an interest in mental health
- Note: the 2 days can be delivered consecutively or split across 1 week (e.g. a Thursday and the following Tuesday)

Course aims:

- To learn how to spot the signs and symptoms of mental ill health
- To learn more about areas such as (but not limited to): depression, suicide, anxiety, PTSD, OCD, bipolar disorder, eating disorders, self-harm, psychosis, treatment & recovery models
- To learn how to signpost people to further support services

Learner outcomes:

- Confidence to provide initial help and support to someone in mental distress
- Further understanding of common mental health conditions
- Practical skills and knowledge on how to signpost individuals to access professional treatment and support for their recovery

Longer courses

Course variations: Adult, Youth & Higher Education versions of Mental Health First Aid (MHFA)

Adult (2 Day/1 Day/Refresher Courses)



- Suitable for everyone looking to support other adults, whether in a personal or workplace capacity
- Provides an in-depth understanding of mental health & factors that can affect wellbeing, as well as practical skills
- Gives you the confidence to step in, reassure & support a person in distress, developing enhanced interpersonal skills such as non-judgmental listening

Youth (2 Day/1 Day)



- Suitable for everyone who works with, lives with or supports young people aged 8-18
- Will provide you with the skills & confidence to spot signs of mental health issues in a young person
- Teach you how to offer first aid & guide young people towards the support they need, even in crisis

Higher Education (1 Day only)



- Suitable for everyone who works/studies in a university environment
- Will teach you to listen, reassure & respond, even in a crisis
- Provide information & skills to look after own mental health, promote wellbeing & raise awareness in others
- Hopes to empower you to create a mentally healthy, supportive environment in your university

Longer courses

Applied Suicide Intervention Skills Training (ASIST) (2 Days)

For anyone interested
in learning further
suicide intervention
skills (aged 16+)

Course aims:

- An award winning two day course that prepares participants to provide list-assisting suicide interventions using the Pathway for Assisting Life (PAL) model
- To provide long term benefits to communities and help support those with thoughts of suicide feel less suicidal and more hopeful

Learner outcomes:

- Ability to identify people who have thoughts of suicide
- Understanding of how beliefs and attitudes can affect suicide interventions
- Ability to listen to the story of a person with thoughts of suicide and recognise turning points that connect that person to life
- Ability to conduct a safety assessment, develop a safeplan, and confirm safety actions



Mind in Salford Corporate Partnership Offer

Brand Trust & Corporate Social Responsibility

We are a recognized & influential voice in both Salford & Greater Manchester. Being associated with our established & trusted brand has great reputation benefits & enhances corporate social responsibility.

Workplace Wellbeing

We can help Identify opportunities to enhance employee mental health & wellbeing. We can work alongside existing programmes & help develop them.

Training & Expertise

Our comprehensive mental health training courses will teach staff how to support their own wellbeing & others. We can provide bespoke options and advice in all areas of corporate partnerships.

Staff Engagement

Get involved in key awareness days, & stay in the know about regional fundraising opportunities such as races & challenges and how you can fundraise to support our vital local work.

**Contact us to discuss further on 0161 710 1070
or email training@mindinsalford.org.uk**

Participant testimonies

“Excellent course and content, great presence, good to share stories/experiences from other people, felt very safe to disclose/discuss”

“Well presented by a knowledgeable instructor, will be taking a lot away with me.”

“The tutors and their guidance have been excellent - the best course I’ve ever been on.”

“Simply an overall brilliant course.”

To book or for any other training enquiries, please contact us:

Phone: 0161 710 1070

Email: training@mindinsalford.org.uk

Website: mindinsalford.org.uk



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