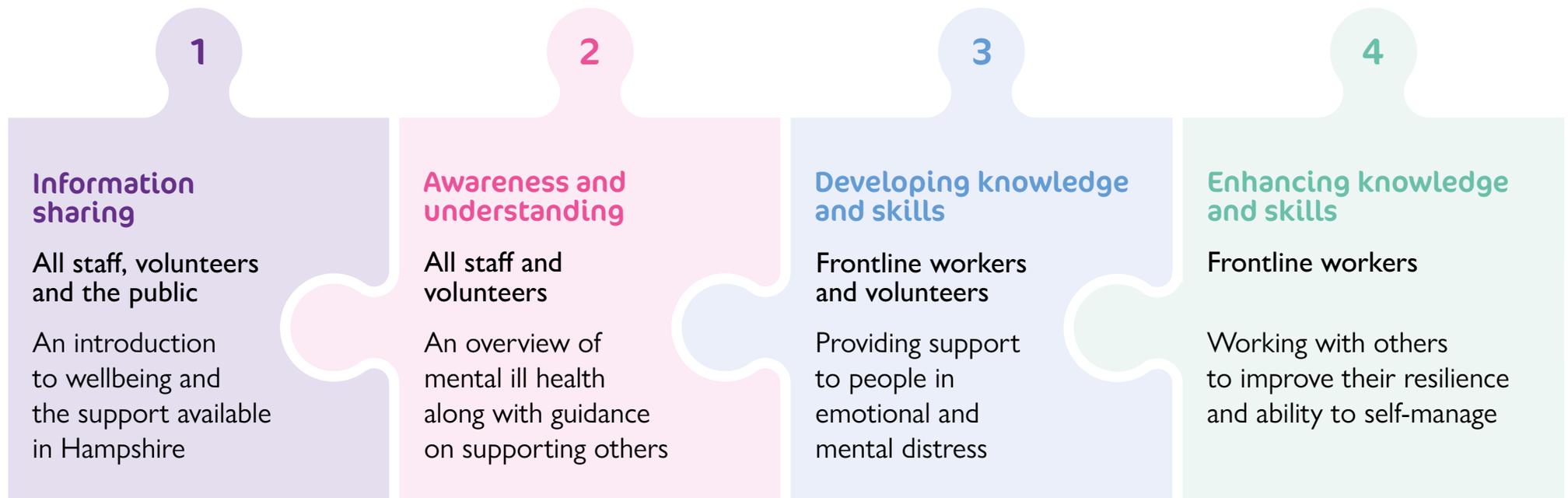


# Mental Health and Wellbeing Training Offer



## About the training offer

This document outlines the mental health and wellbeing training available to frontline practitioners, support staff and volunteers working in Hampshire community settings. This training aims to reduce the stigma associated with mental health conditions and develop the skills and confidence of non-mental health practitioners in supporting adults.



## Information sharing

The **e-learning training** introduces the concept of wellbeing and how it can be promoted in a variety of settings.

Whether you have five minutes or longer to spare, find helpful ideas and suggestions on how you can incorporate the **Five Ways to Wellbeing** into your daily life.

**Every Mind Matters** offers expert tips and advice for your health and wellbeing.

**Connect to Support Hampshire** provides a range of information and details on local services offering additional support.

**Mental Wellbeing Hampshire** provides local and national signposting and information on a range of support services in Hampshire, from money worries, to children and young people.

## Awareness and understanding

**Mental Health Awareness Training for Volunteers.** Free to access. Course length 20 minutes.

**Mental Health Awareness Training** for those working in community settings. Free to access. Course length 20 minutes.

**Zero Suicide Alliance** offers free awareness training which provides an understanding of the signs to look out for and skills required to approach someone who is struggling. Course length 10 to 20 minutes per module.

## Developing knowledge and skills

**Psychological First Aid (PFA)** is the globally recommended training for supporting people during emergencies. It offers guidance on delivering support in the immediate aftermath of an emergency event. Free to access. Course length approximately 3x1 hour sessions.

This **MindEd** training aims to develop people's knowledge and skills in suicide and self harm prevention and Postvention. Free of charge. Registration required.

## Enhancing knowledge and skills

**Connect 5** equips learners with the skills to offer 'guided self-help' to improve a person's mental health and ability to self-manage. Virtual learning 3x3 hour sessions.

**Suicide First Aid** training aims to enhance skills in managing suicidal conversations and is available free of charge for key target groups. For further information visit [Hampshire Public Health](#).

## Further learning

**Making Every Contact Count (MECC)** – this free online training aimed at volunteers and workforces who support others will help them develop the practical skills to have 'supportive conversations' to promote wellbeing.

**Trauma Informed Practice** – this website contains a range of resources aimed at professionals