

# 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.



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### Information sharing

All staff, volunteers and the public

An introduction to wellbeing and the support available in Hampshire

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### Awareness and understanding

All staff and volunteers

An overview of mental ill health along with guidance on supporting others

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### Developing knowledge and skills

Frontline workers and volunteers

Providing support to people in emotional and mental distress

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### Enhancing knowledge and skills

Frontline workers

Working with others to improve their resilience and ability to self-manage

## Information sharing

This **Five Ways to Wellbeing e-learning** introduces the concept of wellbeing and how it can be promoted in a variety of settings. [portal.e-lfh.org.uk/Component/Details/478399](https://portal.e-lfh.org.uk/Component/Details/478399)

Whether someone has five minutes or longer to spare, find helpful ideas on how to incorporate the **Five Ways to Wellbeing** into daily life. [hants.gov.uk/fivewaysto wellbeing](https://hants.gov.uk/fivewaysto wellbeing)

**Every Mind Matters** offers expert tips and advice for mental wellbeing. Complete the Mind Plan quiz for tailored ideas. [nhs.uk/every-mind-matters](https://nhs.uk/every-mind-matters)

## Information sharing

**Connect to Support Hampshire** provides information on local services offering additional support to adults. [connecttosupporthampshire.org.uk](https://connecttosupporthampshire.org.uk)

**Mental Wellbeing Hampshire** provides local and national signposting and information on a range of support services, including topics such as money worries, sleep, or children and young people. [hants.gov.uk/mentalwellbeinghampshire](https://hants.gov.uk/mentalwellbeinghampshire)

## Awareness and understanding

**Mental Health Awareness Training for Volunteers.** Free to access. Course length 20 minutes. [portal.e-lfh.org.uk/Component/Details/625077](https://portal.e-lfh.org.uk/Component/Details/625077)

**Mental Health Awareness Training** for those working in community settings. Free to access. Course length 20 minutes. [portal.e-lfh.org.uk/Component/Details/621110](https://portal.e-lfh.org.uk/Component/Details/621110)

**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. 20 minutes per module, choose the module to suit you. Options include: autism and suicide, university student, veterans, taxi driver, probation or prison editions. [zerosuicidealliance.com/training](https://zerosuicidealliance.com/training)

## Developing knowledge and skills

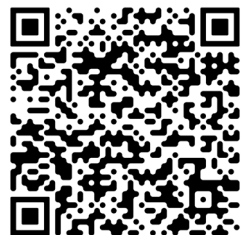
**Psychological First Aid (PFA)** is the globally recommended training for supporting people during emergencies. It offers guidance on delivering support in the immediate aftermath of an emergency event. Free to access. Course length approximately three 1-hour sessions. [futurelearn.com/courses/psychological-first-aid](https://futurelearn.com/courses/psychological-first-aid)

This **MindEd** training aims to develop people's knowledge and skills in suicide and self harm prevention and postvention. [portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0\\_42929\\_48502&programmeld=42929](https://portal.e-lfh.org.uk/Catalogue/Index?HierarchyId=0_42929_48502&programmeld=42929)

**Supporting Other People – Conversations in the Community** e-learning by Mind. Build confidence in having everyday conversations about mental health and wellbeing. Four modules totalling 90 minutes to complete with many video examples. [mind.org.uk/information-support/helping-someone-else/conversations-in-the-community](https://mind.org.uk/information-support/helping-someone-else/conversations-in-the-community)

## Digital version

Scan this QR code for a digital version of this document:



## 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 or face-to-face learning, three 3-hour sessions.

[easthantsmind.org/training/connect-5](http://easthantsmind.org/training/connect-5)

**Suicide First Aid** training aims to enhance skills in managing suicidal conversations and is recommended for anyone working closely with those at risk of suicide. SFA Lite is a shorter version for people of all skill levels and those with no prior knowledge of the subject.

[easthantsmind.org/workplace-services-and-training/training-courses/suicide-prevention-training](http://easthantsmind.org/workplace-services-and-training/training-courses/suicide-prevention-training)

## 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.

[wessex.hee.nhs.uk/wider-workforce/population-health/making-every-contact-count/](http://wessex.hee.nhs.uk/wider-workforce/population-health/making-every-contact-count/)

**Person-first language guide** is a resource for leaders, managers, frontline practitioners and volunteers. It aims to provide guidelines on how to use language to empower individuals and reinforce a person-first approach. [documents.hants.gov.uk/public-health/PH-Trauma-informed-language-guide.pdf](http://documents.hants.gov.uk/public-health/PH-Trauma-informed-language-guide.pdf)