

# Mental Health and Emotional Wellbeing Training Directory 2021 -22



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## Introduction

The South Eastern Health and Social Care Trust is dedicated to improving the general mental health of people by supporting and promoting positive mental health and wellbeing through prevention, early intervention and, where necessary, providing appropriate evidence based training and education.

This directory outlines a variety of training programmes available to those living and working in the SE area. The learning and development opportunities in this directory are provided by a range of statutory, voluntary, community and charity providers. In addition to taught courses we provide links to a number of apps, online resources and training programmes that you may find useful.

The document has been developed by the South Eastern Health and Social Care Trust Health Development Department. It is a living document and will be updated regularly in response to the rapidly changing environment

For further information or to book a place please contact:

[Eileen.Young@setrust.hscni.net](mailto:Eileen.Young@setrust.hscni.net)

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## Anxiety + Stress

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**Stress Control**

As the HSCNI can't deliver Stress Control classes in the community just now, Dr Jim White will, instead, live-stream the classes until December, free-of-charge.

**Description of course**

- Classes will live stream at 2pm and 8:30pm on Mondays and Thursdays with a live interactive chat where you can talk to your fellow participants and a member of the Stress Control team (there is no requirement to participate). The 8:30pm class will then remain on demand on YouTube for 48 hours.

**Learning outcomes**

- Stress control uses CBT techniques to help us manage stress effectively.

Target group	Cost
General Population - those experiencing stress, anxiety or depression.	Free

**Find out more information at :**

<https://ni.stresscontrol.org/>

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## Anxiety + Stress

### Living life to the full

This is a programme that can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and learn simple practical skills to help you cope with life's challenges.

#### Description of course

- This is a six-session programme using Cognitive Behavioural Therapy (CBT) concepts.

#### Learning outcomes

- The course introduces participants to the 'Five Areas Approach' which illustrates that events and situations in our lives affect how we think, how we feel, how we behave and also affect us physically. The programme focuses on how we can challenge and change our thinking and behaviour in order to turn the circle into a 'virtuous circle'.

#### Target group

General Population - those experiencing stress, anxiety or depression.

#### Cost

Free

Find out more information at :

<https://www.aware-ni.org/wellbeing-programmes/living-life-to-the-full>

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## Anxiety + Stress

### Mindset

Mindset is a Mental & Emotional Health & Wellbeing Awareness programme for young people, 14 – 17 years and adults.

#### Description of course

- This course is currently being redeveloped to allow it to be delivered online. Further details will be added once complete.

#### Learning outcomes

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health.
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing.
- Promote self-care.

#### Target group

Youth and community settings across Western, Northern, Belfast and South Eastern Trust areas

#### Cost

Free

Find out more information at :

<https://www.amh.org.uk/services/menssana/mindset/>

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## First Aid

### Psychological first aid

Psychological first aid is a humane, simple, yet powerful way of helping someone in distress during and after a crisis like the COVID 19 pandemic. It involves paying attention to the person's reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs.

#### Description of course

- 30 Minutes online

#### Learning outcomes

- Addressing basic needs and concerns and providing practical support.
- Connecting them to information, services and social supports.
- Offering comfort and helping them to feel calm.
- Reducing distress and fostering adaptive coping.
- Protecting them from further harm.

#### Target group

Anyone who is working or volunteering with local statutory, community or voluntary organisations.

#### Cost

Free

#### Find out more information at :

<https://www.hsclearning.com/course/view.php?id=1042>

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## First Aid

### Mental Health First Aid

Mental Health First Aid (MHFA) is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves.

#### Description of course

- This course is will be delivered over 3- 4 sessions online
- Courses available in September, October, November & January 2022

#### Learning outcomes

- How to recognise the symptoms of mental health problems.
- How to provide initial help.
- How to go about guiding a person towards appropriate professional help.

Target group	Cost
This is open to anyone working or living within the SEHSCT area	Free

Find out more information at :

[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)



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## Mood Matters

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### Mood Matters

Mood Matters is a mental health awareness programme for adults, particularly those who may be experiencing low mood, stress or mild to moderate depression.

#### Description of course

- This course has been redeveloped to allow it to be delivered over one 3 hour session online..

#### Learning outcomes

- The programme teaches you skills and techniques to look after your mental health manage your feelings when you are stressed, worried or depressed and struggling to cope with challenges in your life.

#### Target group

This is open to professional groups such as health workers, teachers, front line public sector and voluntary sector workers as well as members of the general public.

#### Cost

Free

Find out more information at :

<https://www.aware-ni.org/wellbeing-programmes/mood-matters-for-adults>

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## Positive Steps

### Positive steps

Positive Steps is a flexible and interactive health & well-being programme.

#### Description of course

- 7 week programme
- 1.5 hour per session
- Dates in May, September & January 2022

#### Learning outcomes

- Enhance confidence and self-esteem.
- Improve mental health and emotional well-being.
- Supports participants to connect with family, friends and other support groups.
- Encourages participants to acknowledge and talk about their feelings.
- Provides practical solutions on how to manage emotions.

Target group	Cost
16 years and over	Free

Find out more information at :

[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)

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## Suicide Prevention

### Safe TALK

Safe TALK is a four-hour face-to-face workshop featuring powerful presentations, audio-visuals, and skills practice.

#### Description of course

- 4 hours face to face

#### Learning outcomes

- You'll learn how to prevent suicide by recognising signs, engaging someone, and connecting them to an intervention resource for further support.

#### Target group

Anyone over 18 year's old who is working or volunteering with local statutory, community or voluntary organisations. Please note not suitable for anyone recently bereaved by suicide. Please note this training is not suitable for online delivery and availability will depend on current Covid-19 guidelines

**Cost  
Free**

Find out more information at :

[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)

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## Suicide Prevention

### Toward Zero Suicide Awareness Training

In-depth suicide awareness training delivered online focusing on breaking stigma and encouraging open conversations.

#### Description of course

- 20 minutes online

#### Learning outcomes

- Aims to give you the skills and confidence to help someone who may be considering suicide.

#### Target group

Anyone who is working or volunteering with local statutory, community or voluntary organisations as well as members of the general public.

#### Cost

Free

#### Find out more information at :

<https://www.zerosuicidealliance.com/training>

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## Suicide Prevention

### ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop in suicide first aid and more. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

#### Description of course

- 2 full days

#### Learning outcomes

- Be suicide alert – identify people who have thoughts of suicide
- Understand the reasons behind thoughts of suicide and the reasons for living
- Assess risk and safety – develop a safety plan
- Recognise invitations for help
- Recognise potential barriers of seeking help
- Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care
- Link people with community resources

#### Target group

Anyone 18years + who has previously completed Safe TALK. Not suitable for anyone who has been recently bereaved by suicide  
Please note this training is not suitable for online delivery and availability will depend on current Covid-19 guidelines

#### Cost

Free

**Find out more information at :**

[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)

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## Suicide Prevention

### Connections Link Life Suicide Prevention Training

Link Life suicide prevention training is a 3 hour interactive workshop in suicide first aid and more.

#### Description of course

- 3 hours via zoom
- Courses available in April, May June, august & October

#### This training course covers:

- Contributing factors that lead to poor mental health, emotional distress & suicide prevention awareness
- Understanding the role of mental health and emotions in relation to suicide prevention awareness
- Connect 4-Way Model for helping people experiencing emotional distress or suicide
- Tools, resources and support for people in your community, schools and colleges
- The role of self-care and wellbeing in strengthening mental health and preventing suicide

#### Target group

Anyone who is working or volunteering with local statutory, community or voluntary organisations as well as members of the general public.

#### Cost

Free

Find out more information at :

[www.freshmindseducation.com](http://www.freshmindseducation.com)

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## Take 5 Ambassador

### Take 5 Ambassador

By attending a Take 5 Ambassador Briefing Session you will be equipped to deliver a short 'Take 5 Steps to Wellbeing' presentation for your local groups.

#### Description of course

- 2 hours via zoom
- Courses available in June, October, January & March

#### Learning outcomes

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in our local communities
- To create a network of Take 5 Ambassadors working to improve our communities wellbeing.

Target group	Cost
Anyone working within your local community with a role to promoting positive wellbeing.	Free

Find out more information at :

[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)

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## Take 5 Personal Wellbeing

### Take 5 Personal Wellbeing

The 'Take 5 Steps to Personal Wellbeing' training is a 30 minute zoom interactive session **to explore simple ways you can improve and maintain your health and wellbeing.**

#### Description of course

- 30 minutes via zoom
- Courses available in June, September, November & January

#### Learning outcomes

- To raise awareness and understanding of personal wellbeing
- To explore ways to improve and maintain wellbeing.
- To create a personal action plan to improve wellbeing

#### Target group

18 years and over

#### Cost

Free

Find out more information at :

[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)



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## Understanding Self Harm

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**Understanding Self Harm**

By attending this course the participants will gain a greater knowledge of self – harm.

**Description of course**

- **3 hours online with a break**
- **Courses available in June, September & January**

**Learning outcomes**

- To explore attitudes and preconceptions toward self-injury.
- To provide insight into the dynamics, meaning and functions of self-injury.
- To understand causes triggers and cycles of harm.
- To consider helpful responses to people who self-injure.

**Target group**

Anyone working in a supporting role: including health professionals, support workers, housing staff, teachers, youth workers and volunteers

**Cost**

Free

**Find out more information at :**

**[Eileen.young@setrust.hscni.net](mailto:Eileen.young@setrust.hscni.net)**

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## Apps



For those of who are tech savvy and wish to explore some of the mental health apps available to download NHS choices has designed a list that can be found at:

<https://www.nhs.uk/apps-library/category/mental-health/>

Additionally If you're feeling stressed, anxious or depressed, or just want to feel happier, we're here to help.

NHS choices have [information on mental health related issues, including stress, anxiety and depression.](#)