Adult Mental Health: Workplace Responder Training

Duration: **1 Day**

BILGINC IT Academy
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This course qualifies delegates as Mental Health First Aid Responders, who will be able to use their knowledge of mental health conditions to promote positive attitudes towards mental health in the workplace. They'll also play a key role in supporting line managers that are assisting individuals who are returning to work after experiencing a mental illness.

The qualification is aimed at individuals who intend to take on the role of Mental Health Responder, but is also relevant to other employees and managers intending to develop their knowledge of mental health conditions.

Prerequisites

Delegates must be registered with the qualification awarding body by 12pm on the day of the course. To do this we will ask you to fill our a short registration form on the day of the course.

Delegates must also bring the relevant ID to the course as outlined in the pre-course reading. This can be accessed through the link to our online learning hub that is provided in the joining instructions.

Pre-course reading will be required. This will be provided within the joining instructions upon booking.

Who should attend?

This course is for those looking to improve their knowledge of mental health conditions and to learn the skills to support their own and others' wellbeing in the workplace.

Please be aware that this course focuses on employees in the workplace and covers subjects that some people may find distressing, including suicide and self-harm. If a delegate feels overwhelmed, they can leave the course at any time.

However, if you feel in advance that this subject may be too distressing for the delegate, please do not book them on without first asking them whether they would feel comfortable attending. If the delegate is unsure whether this topic is suitable for them, please encourage them to contact us to discuss their concerns.

For support with your mental health, please contact Samaritans on 116 123, or NHS 111.

You do not need any prior knowledge or training to attend, but an interest in the subject is strongly advisable.

Delegates must be 16 or older to attend this course.

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Training Outline

- What is mental health
- What is the difference between a mental health episode, crisis and condition?
- Factors that affect our mental health
- The mental health continuum
- Roles and responsibilities of a Mental Health First Aid Responder
- Mental health action plan protocol (DR EFG)
- Active listening skills
- How to show empathy
- How to have a conversation about wellbeing
- How to give immediate mental health support and where to signpost someone for additional support
- Recognising stress
- Anxiety and anxiety disorder
- Recognising depression
- Suicide continuum, signs and symptoms
- How to recognise OCD, PTSD, eating disorders, self-harm, substance abuse and psychosis