

Mental health and wellbeing training offer



Click on the underlined text below to access relevant websites.

This document outlines the mental health and wellbeing training available to frontline practitioners, support staff and volunteers working in Portsmouth 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 others.

<p>1</p> <p>Information sharing</p> <p>All staff, volunteers and the public</p> <p>An introduction to wellbeing and the support available in Portsmouth</p>	<p>2</p> <p>Awareness and understanding</p> <p>All staff and volunteers</p> <p>An overview of mental ill health along with guidance on supporting others</p>	<p>3</p> <p>Developing knowledge and skills</p> <p>Frontline workers and volunteers</p> <p>Providing support to people in emotional and mental distress</p>	<p>4</p> <p>Enhancing knowledge and skills</p> <p>Frontline workers</p> <p>Working with others to improve their resilience and ability to self-manage</p>
<p>Information sharing</p> <p>The <u>e-learning training</u> introduces the concept of wellbeing and how it can be promoted in a variety of settings.</p> <p>Whether you have five minutes or longer to spare, find helpful ideas and suggestions on how you can incorporate the <u>Five Ways to Wellbeing</u> into your daily life.</p> <p><u>Every Mind Matters</u> offers expert tips and advice for your health and wellbeing.</p> <p><u>The Portsmouth City Council website</u> provides a range of information and details on local services offering support for mental health and wellbeing.</p>	<p>Awareness and understanding</p> <p><u>Mental Health Awareness Training for Volunteers.</u> Free to access. Course length 20 minutes.</p> <p><u>Mental Health Awareness Training</u> for those working in community settings. Free to access. Course length 20 minutes.</p> <p><u>Zero Suicide Alliance</u> 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.</p>	<p>Developing knowledge and skills</p> <p><u>Psychological First Aid</u> (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, one hour sessions.</p> <p>The <u>'We Need To Talk About Suicide'</u> prevention course aims to consolidate existing skills in suicide prevention. Free to access. Course length approximately 60 to 90 minutes.</p>	<p>Enhancing knowledge and skills</p> <p><u>Connect 5</u> equips learners with the skills to offer 'guided self-help' to improve a person's mental health and ability to self manage. Virtual learning in three lots of three hour sessions.</p> <p><u>Suicide First Aid Lite</u> aims to develop confidence, knowledge and skills in suicide awareness and prevention. This subsidised training is suitable for all adults, in all occupations. Three hour session, held via Zoom.</p> <p>The <u>Self-harm and Suicide Awareness and Prevention</u> Level 2 qualification is a free online course aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. Course length approximately six weeks (based on four to five hours of weekly study).</p>

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 Training – this directory contains links to a range of trauma informed training that is currently available to all professionals.