



“ Washington Mind develop and deliver quality training with a focus upon mental health and wellbeing. Bespoke training can be developed to meet organisational needs. ”



Training Programme



Our training services



Mental Health First Aid

Training Outcomes

- Be able to recognise the early signs of a mental health problem.
- Have the confidence and knowledge to help those in distress.
- Have an accurate understanding of mental health problems.

“An excellent foundation for anyone who does not have a background in mental health. The course broadens understanding.”



Emotional Resilience

Training Outcomes

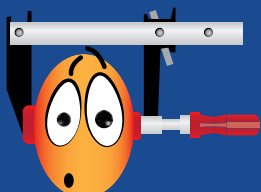
- Gain an understanding of what emotional resilience is.
- Discuss and identify how to promote emotional resilience in self and others.
- Gain an understanding that will assist in identifying unhelpful thinking and behaviours that may be holding a person back and preventing them from fulfilling their potential.
- Practice how to develop techniques and skills in challenging unhelpful thinking and behaviours to build resilience and effectiveness.

“All aspects were extremely helpful and delivered in a way that kept me engaged throughout.”



Training Outcomes

- Gain an understanding of what mental health is.
- Gain an understanding of the signs and symptoms associated with depression.
- Gain an understanding of the signs and symptoms associated with anxiety.
- Gain an understanding of other forms of mental health issues.
- Gain a knowledge of 'treatments' available.
- Gain an understanding of the effects of stigma and discrimination.



Wellbeing in the Workplace (Manager/Supervisor Training)

Training Outcomes

- The importance of addressing stress in the workplace.
- What stress and pressure is.
- The signs and symptoms of stress.
- The causes of stress - work/home/personal.
- The crucial role managers can play in preventing and reducing the impact of stress.
- Individual coping strategies for reducing stress.



Healthy Money
Healthy You

Training Outcomes

- Understand how financial difficulties can affect people's health.
- Identify Strategies and skills to engage with people and identify what attitudes might hinder engagement.
- Increase knowledge of financial capability.
- Increase awareness of different types of credit and financial services.
- Increase knowledge of importance of signposting to appropriate support agencies and how to refer.

The Suicide Prevention Training



Training Outcomes

- Increase knowledge of prevalence of suicide within locality.
- Increase awareness of attitudes as barriers to suicide prevention.
- Dispel the myths surrounding talking about suicidal thoughts.
- Increase knowledge in identifying key signs & symptoms of emotional distress.
- Increase knowledge and understanding of risk factors.
- Increase knowledge of how to support a suicidal person.
- Increase confidence of how to support a suicidal person.
- Increase knowledge of importance of signposting to appropriate support agencies and how to refer.
- Increase knowledge of the importance of self care.

“... training was fantastic, or as fantastic as the topic in question can be. I feel it will have a positive impact on my work with students at the college and has helped increase my confidence regarding working with suicidal thoughts/intent.”

UNDERSTANDING SELF HARM

Learning Outcomes

- Understanding self-harm.
- What is self-harm?
- Statistics of self-harm.
- Why do we self-harm?
- The cycle of self-harm.
- How to support someone who self-harms.
- Signposting and support services.

“ I now feel confident and understand how best to support someone... a most informative and well-presented course. ”

Want the training?
How to book...



To book a place on any of our courses
or gain further information contact
Washington Mind on:



0191 417 8043 or training@washingtonmind.org.uk

**“Washington Mind has demonstrated exemplary
leadership in increasing mental health literacy
in their community”**

Mental Health First Aid England

**“The Emotional Health and Resilience training was
specifically praised within our evaluation”**

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