

# Healthy Minds:



## Mental Health Awareness Training

The aim of this training is to explore the relevance of mental health for everyone. The session explores concepts of mental health and what constitutes a mental illness. It will explore factors contributing to poor mental health in children and young people, how we might notice poor mental health and how to start that initial conversation to offer support. It will address the role of universal services within 'mental health early intervention and prevention' and clarify stepped support structures and additional mental health services available in Moray. This interactive session will give practitioners the opportunity to discuss destigmatising mental health and how to improve mental health for all.

### Learning Outcomes:

- To identify concepts of mental health and mental illness
- To increase knowledge about how to identify poor mental health and mental illness in children and young people
- To increase knowledge about prevention, early intervention, support structures and signposting

**Aimed at:** All practitioners and staff who work with children and young people

### Dates available:

- Tuesday 4<sup>th</sup> June 2019 at Milnes High School – 09:00 to 13:00 (registration from 08:45)
- Monday 26<sup>th</sup> August 2019 at Forres Academy – 09:00 to 13:00 (registration from 08:45)
- Thursday 3<sup>rd</sup> October at Alexander Graham Bell Centre, Moray College, Elgin – 09:00 to 13:00 (registration from 08:45)

To request a place please email [nhsg.mhdevelopment@nhs.net](mailto:nhsg.mhdevelopment@nhs.net) stating the session you would like to attend and:

- **Your Name**
- **Job Role**
- **Organisation**
- **Line Manager's Email**

Note – maximum of 20 places per course

# Scottish Mental Health First Aid: Young People Training



The Scottish Mental Health First Aid: Young People (SMHFA: YP) training is a 14 hour evidence based blended learning course made up of three parts:

**Part 1:** self-study online module

**Part 2:** full day face to face learning

**Part 3:** self-study online module

The course does not train you to become a counsellor or a mental health professional but is designed to teach you to better understand mental health and how it affects young people, as well as to learn mental health first aid skills. The course also aims to show how mental health first aid can be applied in a crisis situation involving a range of common mental health problems, such as depression and anxiety, eating disorders, self-harm, suicide and substance misuse. For further information about the SMHFA: YP course please visit: [www.youngpeople.smhfa.com](http://www.youngpeople.smhfa.com).

The course aims to improve participants' confidence in:

- Being able to detect mental health problems early.
- Helping to reduce stigma around mental health issues.
- Helping young people to recognise mental health problems.
- Providing guidance and immediate assistance to a young person in crisis.

**Aimed at:** All practitioners and staff working with young people aged 11 years old and over.

**Dates available for Part 2 (Part 1 must be completed prior to attending this session, instructions will be given following course registration):**

- Wednesday 8<sup>th</sup> May 2019 at Speyside High School – 09:00 to 16:00
- Wednesday 4<sup>th</sup> September 2019 at Alexander Graham Bell Centre, Moray College, Elgin – 09:00 to 16:00
- Thursday 28<sup>th</sup> November at Forres Academy – 09:00 to 16:00

To request a place please email [nhsg.mhdevelopment@nhs.net](mailto:nhsg.mhdevelopment@nhs.net) stating the session you would like to attend and:

- Your Name
- Job Role
- Organisation
- Line Manager's Email

Lunch will not be provided

Note – maximum of 16 places per course