

Mental Health Improvement Training

2024-25

A wide variety of training courses are available in Ayrshire and Arran. Most courses are free of charge and are open to anyone interested in learning more about how to promote good mental health and wellbeing in a range of settings.

Mental Health Improvement: a practical approach

Course duration: approx 2.5 hours (delivered face to face or MS Teams)

This workshop is aimed at anyone who is interested in mental health improvement and will provide participants with the knowledge, skills and tools required to promote mental health improvement within the environment they influence.

By the end of the session you will:

- Have an increased understanding of mental health improvement and the role it plays in promoting wellbeing, preventing mental health concerns and supporting recovery.
- Be able to identify protective and risk factors, and recognise the importance of a mentally healthy environment.
- Have information on approaches, self-help tools and additional resources that are effective in promoting mental health improvement.

Available: on request

To book: contact HITraining@aapct.scot.nhs.uk

or for workplaces contact the Workplace Team AA-UHB.HWL@aapct.scot.nhs.uk

Stress Awareness

Course duration: half day (delivered face to face or MS Teams)

This course is for any NHS staff who would like to know more about stress and how to manage stress.

By the end of the course you will:

- Have an overview of stress.
- Have a definition of stress.
- Be able to identify sources and symptoms of stress.
- Be able to develop strategies for managing your own stress.
- Have an understanding of the role of the organisation.
- Learn simple techniques to combat stress.
- Gain further information about stress.

To book: Email Occupational Health to enquire about dates
aa.Occupational.Health@aapct.scot.nhs.uk

Stress Awareness for Workplaces

Course duration: 1 hour (delivered face to face or MS Teams)

This course is for employees interested in learning about and raising awareness of stress in the workplace. Open to any business or organisation within Ayrshire and Arran, delivered within the workplace to up to 16 participants per course.

By the end of the course you will:

- Have an understanding of the meaning of stress.
- Recognise when you are stressed.
- Understand what can cause stress.
- Identify how you respond to stress.
- Develop coping mechanisms.
- Develop your own personal action plan.

Available: on request

To book: email the Workplace Team AA-UHB.HWL@aapct.scot.nhs.uk

Introduction to Mindfulness for Workplaces

Course duration: 1 hour (delivered face to face or MS Teams)

This course is aimed at employees and employers interested in learning about and raising awareness of mindfulness. Open to any business or organisation within Ayrshire and Arran, delivered within the workplace to up to 16 participants per course.

By the end of the session you will:

- Have an understanding of mindfulness.
- Be aware of potential benefits.
- Understand how you can develop the skill of mindfulness.
- Have an awareness of common misconceptions.
- Have an awareness of local and online resources.
- Have had the opportunity to try mindfulness techniques.

Available: on request

To book: email the Workplace Team AA-UHB.HWL@aapct.scot.nhs.uk

Mentally Healthy Workplace Training for Managers

Course duration: 1 day (delivered face to face)

Line managers have a crucial role in supporting the health and wellbeing of employees. From communication, to clarity of job role, line managers can influence the success of a team. This training includes good practice in promoting positive mental health and wellbeing, as well as offering practical examples of how to support employees experiencing mental health problems. Supporting online resources are provided.

By the end of the course you will:

- have a broad understanding of mental health.
- identify key factors that contribute to a mentally healthy workplace.
- improved confidence in dealing with this issue.
- Be aware of employers legislative responsibilities in relation to health and wellbeing.

To book: email the Workplace Team AA-UHB.HWL@aapct.scot.nhs.uk

Fundamentals of Fetal Alcohol Spectrum Disorder (FASD)

Course duration: 1.5 hours (online via MS Teams)

This course is for Health and Social Care Practitioners who would like to increase their knowledge in Fetal Alcohol Spectrum Disorder. The training is delivered by members of the Scottish Government funded Fetal Alcohol Advisory Support and Training (FAAST) Team.

The course includes the following topics:

- Scotland's relationship with alcohol and consolidated understanding of alcohol units and alcohol guidelines.
- Factors that can contribute towards alcohol use during pregnancy as well as how alcohol affects the developing fetus.
- An introduction to FASD and how it can affect people who have the condition.
- The prevalence of FASD.
- Sources of further information and signposting opportunities.

To book: visit <https://FAASTTeam.eventbrite.com> for upcoming dates

For more information: please visit <https://www.faast.ed.ac.uk/> or contact faast@ed.ac.uk

Mental Health and Substance Use

Course duration: Awareness Session - 2.5 hours (delivered online via MS Teams) **OR**
Full Session - 1 day (delivered face to face)

This course is for individuals with a basic understanding of substance misuse who are looking to develop an understanding in relation to mental health.

By the end of the course you will:

- Have an overview of mental health presentations including mood disorder, anxiety, personality disorder and psychosis.
- Be familiar with the potential link between mental health presentations and substance misuse.
- Have knowledge of risk behaviour in association with mental health and substance misuse.
- Be aware of dual diagnosis (the co-existence of mental health issues and addiction).
- Be able to adapt theoretical knowledge to work with service users.

To book: call the Prevention and Services Support Team on 01294 476000 (option3) or email psst@aapct.scot.nhs.uk

Suicide Prevention

Several levels of suicide awareness and prevention training are available including:

NHS Education Scotland (NES) programmes:

- Introduction to Suicide Prevention
- Skilled Level Suicide Prevention

LivingWorks programmes:

- safeTALK (suicide alertness for everyone)
- ASIST (Applied Suicide Intervention Skills Training)

The training is open to anyone who lives or works in Ayrshire and Arran. Click [here](#) to view the Suicide Prevention Training Brochure.

For more information: please contact chooselife@aapct.scot.nhs.uk

E-learning Modules

Below are a selection of e-learning modules that are all free of charge. Some may require you to set up an account to enable you to login and undertake the learning.

About Mental Health

'We all have mental health' is an introduction for teachers to provide an introduction to mental health; equip individuals with the skills and knowledge to recognise and respond to a pupil who is experiencing a mental health problem; and lead a conversation about positive mental health.

<https://www.samh.org.uk/about-mental-health/elearning-for-teachers>

Ask, Tell, Look After Your Mental Health. Understanding mental health and keeping mentally healthy

An educational animation that inform individuals working with adults about mental health, how to maintain this, and the factors that can lead to mental distress or mental ill-health.

<https://learn.nes.nhs.scot/63431>

Future Learn

A wide selection of online training to learn about mental health, mental health problems, or develop your career in mental health with online mental health courses and psychology courses.

<https://www.futurelearn.com/courses/categories/health-and-psychology-courses/psychology-and-mental-health>

Mentally Healthy Workplaces

'Mentally healthy workplaces' training is for anyone who wants to learn more about mental health in the workplace. Create an account via the link below which will allow you to search for the online training plus other e-learning modules.

<https://elearning.healthscotland.com/login/index.php>

MindEd

'MindEd' is a free educational resource on children and young people's mental health for all adults.

<https://www.minded.org.uk/>

Save a Life

'Save a life' training will give an overview of the area of suicide and how to support people who are at risk.

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

Further Information

Health Improvement Training

Free courses are available on a wide range of health topics which can help support you to protect and improve health and wellbeing. Details of all courses can be found in the training brochure.

<https://www.nhsaaa.net/wp-content/uploads/hi-training-brochure.pdf>

Healthy Working Lives

The Healthy Working Lives digital platform provides guidance for workplaces including a range of resources to help promote positive mental wellbeing.

<https://www.healthyworkinglives.scot/Pages/default.aspx>

NHS Ayrshire & Arran

The NHS Ayrshire & Arran Better Health website provides a range of information on how to look after our mental health and wellbeing. There are also links to self help tools and resources to help cope with common problems including low mood, anxiety and stress.

<https://www.nhsaaa.net/services/services-a-z/better-health/mental-health-wellbeing/>

NHS Inform

NHS inform is Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for. There is information on a range of mental health and wellbeing topics.

<https://www.nhsinform.scot>

World Health Organisation (WHO)

The WHO website provides various fact sheets and further information on mental health, including the impact of mental health on specific population groups.

https://www.who.int/health-topics/mental-health#tab=tab_1