



MHFA England



# Adult Mental Health First Aid

2 - 3 September 2019, at the University of Bristol Careers Service

## Would you know how to help?

We all have mental health, just as we all have physical health. Mental ill health can strike at any time and can affect people from all walks of life.

Although things are improving, stigma still exists around mental ill health. As a society, we don't tend to know how to take care of our mental health like we do our physical health. This means that people may not know how to support a friend, family member or colleague experiencing a mental health issue, or where to go for support with their own mental health.

## Become a Mental Health First Aider

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.

You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to

approach and support someone while keeping yourself safe.

You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more.

What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

## Trainer: Ros Jiggins

Ros is an experienced trainer and facilitator. She is an accredited mental health first aid instructor, integrative counsellor, and mediator with many years' experience working within occupational health and wellbeing in both public and private sectors. Ros has spoken at the NEC on stress and resilience. Her passion is to bring mental health and wellbeing to parity with physical wellbeing.

**Please note:** Participants must be available for the full 2 day duration to receive their certification.



LIVINGWORKS  
ASIST

# Applied Suicide Intervention Skills Training

4 - 5 September 2019, at the University of Bristol Careers Service

## Applied Suicide Intervention Skills Training (ASIST)

is for everyone aged sixteen or older who wants to be able to provide suicide first aid, regardless of prior experience. Shown by major studies to significantly reduce suicidality, the ASIST model teaches effective intervention skills while helping to build suicide prevention networks in the community.

Many professionals attend ASIST because suicide intervention skills are essential for their work. In some organisations, ASIST is a mandatory component of training. Nurses, physicians, mental health professionals, pharmacists, teachers, counsellors, youth workers, police, first responders, correctional staff, school support staff, clergy, and volunteers have all found that ASIST complements their existing training and knowledge.

## Course Brief

During the two-day interactive session, participants learn to intervene and help prevent the immediate risk of suicide. Over a million people have taken the workshop, and studies have shown that the ASIST method helps to reduce suicidal feelings for those at risk.

## Workshop features

- Presentations and guidance from two Living Works registered trainers
- A scientifically proven intervention model

- Powerful audio-visual learning aids
- Group discussions
- Skills practice and development
- A balance of challenge and safety

## What's covered?

The ASIST workshop is divided into five sections that follow in a logical progression to gradually build comfort and understand around suicide and suicide intervention.

**Preparing** sets the tone, norms, and expectations of the learning experience.

**Connecting** sensitises participants to their own attitudes towards suicide. Creates an understanding of the impact that attitudes can have on the intervention process.

**Understanding** monitors the intervention needs of a person at risk. It focuses on providing participants with the knowledge and skills to recognise risk and develop safe plans to reduce the risk of suicide.

**Assisting** presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.

**Networking** generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

**Please note: participants must be available for the full 2 day duration to receive their certification.**



# Resilience in the Workplace

10 September 2019, at the University of Bristol Careers Service

## Overview

There is increasing recognition of the importance of developing resilience to respond to personal and workplace demands and also to get the most from life and work. This course is based on current evidence for developing personal resilience and healthy workplace cultures that support employee effectiveness and wellbeing. There will be practical information and opportunities to explore and try out techniques, resulting in an action plan to take initiatives forward. Accompanying the course is a participant workbook and a comprehensive set of hand-outs and resources.

## Course aim

To develop practical knowledge and skills to help build individual, team and organisational resilience in the workplace.

## Course objectives

- To consider what resilience means in practice
- To explore the significance of individual and organisational attitudes about resilience
- Gain information about evidenced based factors that can aid resilience and how they can be put into practice

- Practice specific resilience boosting thinking and behaving skills
- Develop a resilience action plan that can be applied in the workplace on an individual, team and/or organisational level

## Course Materials

Participant materials include a participant workbook and a comprehensive set of handouts and resources.

## Bristol Mind trainers

Suzanne Pearson and Sal Ball have extensive professional and personal experience in the fields of stress management and promoting mental health in the workplace.

## Further training

This course can be adapted to meet the requirements of specific teams and workplaces. Additional related training can also be offered e.g. stress and anxiety management; Mental Health First Aid. For more details, contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk)