

# North Staffs Mind



## Training Brochure

North Staffs Mind  
83 Marsh Street  
Stoke-on-Trent  
ST1 5HN

[www.nsmind.org.uk](http://www.nsmind.org.uk)  
01782 262100  
[training@nsmind.org.uk](mailto:training@nsmind.org.uk)

North Staffs Mind is a registered charity: 700788



North Staffs



We're Mind, the mental  
health charity.

We won't give up until everyone experiencing a mental  
health problem gets both support and respect.

## North Staffs Mind

Mind is the leading mental health charity for  
England and Wales.

North Staffs Mind is an independent charity run by  
local people, for local people.

We are governed by a knowledgeable board of  
trustees who ensure that we meet our charitable  
aims and objectives, and that the organisation is  
managed by an experienced team of staff.

We provide advice and support to empower  
anyone experiencing a mental health problem.

We campaign to improve services, raise  
awareness and promote understanding.

We believe no-one should have to face a mental  
health problem alone.

# What we offer

North Staffs Mind has been offering a mental health provision in Stoke-on-Trent for 40 years. We are passionate about delivering quality training workshops with a strong focus on Mental Health.

Here are some of the workshops we deliver:

Understanding and Managing Stress	A full day's workshop which will help learners to better understand and manage their own, and others', stress.
safeTALK	A half day session, delivering a programme that was developed in Canada to help to bring about suicide safer communities.
A Life Worth Living	A half day session, delivering a programme that was developed in the UK which teaches a simple 4 step intervention to prevent suicide.
Mental Health Awareness	Offered as a half day workshop, with the aims of improving understanding of mental (ill) health, risk and resilience, sources of help and support.
Managing Mental Health in the Workplace	This half day workshop aims to improve delegates' knowledge and understanding of mental health, and equip them with skills to better manage staff mental health at work.
Grief and Loss	This half day workshop explores responses to loss, touches on elements of grief theory and looks at ways of supporting the bereaved.
Connect 5	A training programme with three stages. Over the three stages delegates will develop the skills and confidence to better understand, and support, service users' mental (ill) health.

# Understanding and Managing Stress

**“In 2015/16 stress accounted for 37% of all work related ill health cases and 45% of all working days lost due to ill health.**

**The main work factors cited by respondents as causing work related stress, depression or anxiety .... were workload pressures, including tight deadlines, too much responsibility and a lack of managerial support.”**

**(Health and Safety Executive, 2016)**

## What will be covered?

- An understanding of what stress is
- An understanding of its physical and emotional symptoms
- An exploration of the causes of stress
- An exploration of why people are affected in different ways
- Knowledge of the physical and emotional impact of stress
- A variety of ways to manage stress (own and others')

**This workshop will be experiential throughout.**



# safeTALK

**“Since its development in 2006, safeTALK has been used in over 20 countries around the world, and more than 200 selectable video vignettes have been produced to tailor the program’s audio-visual component for diverse audiences. SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.”**

**LivingWorks, 2016**

## What will be covered?

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource
- Powerful audiovisual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe
- Hands-on skills practice and development



**A LIFE Worth Living suicide prevention training was developed by Washington Mind originally as an integral part of the NHS South of Tyne and Wear Emotional Health and Well-being Strategy 2010-2020.**

**With a focus upon reducing pain and increasing coping strategies, A LIFE Worth Living places an emphasis upon the power of talking about suicidal thoughts, and how talking in itself is indeed a first step to coping and to reducing suicides.**

### **What will be covered?**

- A variety of teaching and learning styles will explore some of the myths, and challenge stigma, around suicide
- The session will touch on some of the historical and cultural attitudes towards suicide
- The **LIFE** model will be taught – a simple, 4 step intervention that aims to support a person in crisis
- Signposting to a variety of local support services

## **Mental Health Awareness**

**“Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. It appears that how people cope with mental health problems is getting worse as the number of people who self-harm or have suicidal thoughts is increasing.”**

**(Mind, 2017)**

### **What will be covered?**

- Definitions of mental health, and its universality
- Identification, classification and treatment of some common mental health conditions
- Causes, risk and resilience factors in relation to developing mental ill health
- Signs and symptoms in relation to stress, anxiety and depression
- Ways of managing mental health (own and others')

# Managing Mental Health in the Workplace

**“According to new research, the number of people saying that they have experienced mental health issues while in employment has climbed from a quarter to a third over the last five years. Despite this, the majority of employees still don’t feel that people experiencing mental health issues are supported well enough at work.”**

**CIPD, 2016**

## What will be covered?

- Definitions of mental health, and its universality
- The classification and treatment of some common mental health conditions
- The causes of mental ill health
- The importance of mental health in the workplace
- How to have conversations about mental health with staff
- Wellness Action Plans
- Signposting to further help and support

## Grief and Loss

**Loss happens to us all; it can occur as part of the process of growth, change and development. We can also lose what we, mostly, want to keep. These losses tend to be an unpleasant event for us. In beginning to understand our own losses, and how we have coped with them (or not), we can begin to have insight into how others cope with theirs.**

## What will be covered?

- An exploration of learners’ own losses
- A brief consideration of grief theory
- Complicated and disenfranchised grief
- Ways of supporting the bereaved

**Connect 5 is a mental health promotion programme, with three levels, that is designed to increase the confidence and skills of front line staff so that they can help people to manage mental health problems, and increase their resilience and mental well-being through positive changes.**

**Session 1 aims to raise participants' awareness of the essential part they play in supporting mental health in their everyday practice.**

### **What will be covered in Session 1?**

- Ways of seeing and understanding mental health and mental illness
- How common are mental health problems?
- Two Public Health models
- Keys skills for well-being conversations
- Signposting to local support services



## Session 2

**Connect 5 is a mental health promotion programme, with three levels, that is designed to increase the confidence and skills of front line staff so that they can help people to manage mental health problems, and increase their resilience and mental well-being through positive changes.**

**The purposes of Session 2 are to apply the 'Five Areas' model in conversations about mental health and wellbeing; to recognise the nature and extent of mental health and well-being issues being presented and how best to deal with them; and to identify steps that can be taken to improve mental health.**

### **What will be covered in Session 2?**

- The 'Five Areas' model, re-visited
- Having well-being conversations skills, attitudes and attention
- Five opportunities to practice: using skills, applying the model, using the BATHE technique, exploring intensity and impact
- Stepping up, signposting, services and resources

Connect 5 is a mental health promotion programme, with three levels, that is designed to increase the confidence and skills of front line staff so that they can help people to manage mental health problems, and increase their resilience and mental well-being through positive changes.

The purposes of Session 3 are to integrate learning into existing knowledge, skills and techniques; to facilitate the use of self-management strategies; to apply practical strategies and techniques relating to the 'Five Areas' model; and to provide plenty of opportunities to practice working collaboratively with a service user.

### What will be covered in Session 3?

- Reflection on, and consolidation of, previous learning
- A look at scaling, and an opportunity to practice
- Practice at breaking the cycle in relation to situation, behavior, thoughts, feelings, physical
- Implementing change in practice
- Final reflections and evaluation



# Contact Us

To contact us for general enquiries, or to book onto a training workshop, please see the information below:



Email: [training@nsmind.org.uk](mailto:training@nsmind.org.uk)

Web: [www.nsmind.org.co.uk](http://www.nsmind.org.co.uk)



01782 262100



North Staffs Mind  
83 Marsh Street  
Hanley  
Stoke-on-Trent  
Staffordshire  
ST1 5HN



@NorthStaffsMind

