Northern Health and Social Care Trust

Public Health Agency

Mental and Emotional Wellbeing
Suicide Prevention
Reducing Self-Harm

Northern Area Training Directory

2021 - 2022

All courses are funded by Public Health Agency, through Strategies and Northern Area Action Plans.

Information on PHA promoted Mental Health and Suicide Prevention courses online are included on the following link:

https://www.publichealth.hscni.net/covid-19-coronavirus/resources-councils-and-community-responses-covid-19

Please note, there may be a change in the delivery of courses, within the following directory, in response to COVID 19, to include a mix of online and face to face following current social distancing guidelines.

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Introduction

A range of training and awareness raising courses exist in relation to the issues of mental and emotional health and suicide prevention. This directory aims to highlight those courses which are currently being used in the Northern Locality and are funded by the Public Health Agency through the Northern Area Promoting Mental Health & Suicide Prevention Action Plan to support actions within the Protect Life 2 Strategy.

The directory is divided into 3 areas:

- Mental and Emotional Courses
- Suicide Prevention & Intervention Courses
- Self-Harm courses

Each area is sub-divided into different levels, to help potential participants identify the most appropriate course for their needs.

Level 1 courses aim to raise awareness of the issue, providing a basic understanding of the issue and information relating to relevant support organisations.

Level 2 courses aim to increase knowledge of the issue, signs of developing problems and basic steps towards connecting individuals in need of support to appropriate help.

Level 3 courses aim to build more in-depth knowledge and skills in relation to the issue and how to help / intervene when a person is experiencing an emotional crisis.
Level 3 courses are aimed at practitioners and care givers, and will use role-plays and group work to build skills and confidence.

Participants may find elements of level 2 & 3 courses emotionally challenging due to their content if they have been impacted by mental health or suicide issues themselves. Course providers are happy to discuss these issues with anyone with concerns.

Mental & Emotional Wellbeing

Level 1 Courses

Level 2 Courses

MINDSET

Mood Matters

Living Life to the Full - Lifeskills Programme

FLOURISH

Self-Care

Level 3 Courses

Mental Health First Aid

MINDSET

Level 2

Course Description:

This is a 3.5 hour programme with bespoke sessions to suit Adults and Young People. A minimum of 8 and a maximum of 20 per workshop.

Aims:

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Increase awareness and understanding of signs and symptoms of mental ill-health
- Promote resilience
- Promote self-help techniques on how to maintain positive mental and emotional health and wellbeing
- Disseminate information and / or resources on mental health support organisations available (locally and regionally)
- Promote self-care

Fee: FREE providing the host group covers the cost for venue hire and refreshments.

Duration: 3.5hrs

To book places contact:
Action Mental Health
4a Steeple Road, Antrim, BT41 1AF
Tel : 07740411105
Email: mindset@amh.org.uk

Mood Matters

Level 2

Course Description:

This course raises the importance of looking after our mental health, and uses basic Cognitive Behavioural Therapy concepts to teach participants how thinking and behaviour can affect how we feel, physically and emotionally. The course highlights risk factors for and symptoms of stress and depression as well as treatments available and self-help strategies and signposts participants to sources of help. The course includes PowerPoint presentations, group-work and discussion.

Target Group:

This course is relevant to a range of groups and a number of different targeted courses are available:

- Mood Matters in Young People (14 - 18yrs)
- Mood Matters for Adults
- Mood Matters in Pregnancy
- Mood Matters in Later Years

These courses are relevant to anyone including caregivers, individuals experiencing mental health problems, and professionals.

Fee: FREE. A limited number of courses / places are available.

Duration: 1.5 - 2.5hrs depending on group needs

To book places contact:

Catherine McColgan,
AWARE, 15 Queen Street,
Derry/Londonderry, BT48 7EQ
Tel : 028 7126 0602
Email: catherine@aware-ni.org

Patrick Anderson / Marina McCully,
AWARE, 40-44 Duncairn
Gardens, Belfast, BT15 2GG
Tel : 028 9035 7820
Email: patrick@aware-ni.org /
marina@aware-ni.org

Living Life to the Full – Lifeskills Programme

Level 2

Course Description:

This programme has been developed by Dr Chris Williams, Professor of Psychological Medicine, University of Glasgow, a recognised expert and trainer in Cognitive Behavioural Therapy. The course teaches lifeskills which can be used in everyday life and particularly for those experiencing mild / moderate depression, stress and anxiety.

Target Group:

This course is suitable for those affected by mild / moderate depression and stress and anxiety and is relevant to adults. On some occasions courses have been tailored for young people.

Fee: FREE. A limited number of courses / places are available.

Duration: 6 session (1.5 - 2hrs) programme.

Course Delivered by AWARE.

To book places contact:
Catherine McColgan,
AWARE,
15 Queen Street, Derry/Londonderry, BT48 7EQ
Tel : 028 7126 0602
Email: catherine@aware-ni.org

Patrick Anderson / Marina McCully,
AWARE,
40-44 Duncairn Gardens, Belfast, BT15 2GG
Tel : 028 9035 7820
Email: patrick@aware-ni.org / marina@aware-ni.org

FLOURISH! Level 2

Course Description:

Flourish! is a partnership between Lighthouse Ireland and clergy from churches throughout Northern Ireland. The aim of these training modules is to explore the relationship between the theological understanding of suicide and how this translates into pastoral action.

Target Group:

We invite all clergy, youth workers, lay pastoral workers and staff representatives from churches of all denominations to attend.

Fee: FREE to participate

Duration: 1 day

Course Delivered by: Flourish Trainers

To book places contact:
Tel: 028 9075 5070
Email: Emily@lighthousecharity.com
www.wewillflourish.com

Mental Health First Aid

Level 3

Course Description:

This course will help participants to recognise the symptoms of some of the main mental health problems, how to provide initial help to someone with a developing mental health problem or in a mental health crisis, and how to guide a person towards appropriate professional help.

Target Group:

This course is relevant to different professional groups including youth workers, teachers, frontline public sector and voluntary sector workers in a variety of areas, residential support staff as well as members of the general public, carers etc. Adults only.

Fee: FREE. A limited number of courses / places are available.

Duration: 2 Days

Course Delivered by NHSCT or AWARE.

To book places on NHSCT courses contact:
FAO Geraldine Quinn, Northern Health and Social Care Trust, Health & Wellbeing Team, Spruce House, Braid Valley Hospital Site, Cushendall Road, Ballymena, BT43 6HL
Email:
healthandwellbeing.trainingbookings@northerntrust.hscni.net

To book places on AWARE courses contact:

Catherine McColgan,
AWARE, 15 Queen Street,
Derry/Londonderry, BT48 7EQ
Tel : 028 7126 0602
Email: catherine@aware-ni.org

Patrick Anderson / Marina McCully,
AWARE, 40-44 Duncairn Gardens, Belfast, BT15 2GG
Tel : 028 9035 7820
Email: patrick@aware-ni.org / marina@aware-ni.org

Self-Harm Courses

Level 2 Courses

Bespoke Self-Harm Awareness

Understanding Self-Harm Level 2

Course Description:

This bespoke course raises understanding around the issue of self-harm and in particular the links between substance use / misuse and self-harming behaviour. The course aims to increase skills and confidence in supporting people at risk of self-harming, and increase knowledge of early indicators of drugs and alcohol related suicide risk.

Target Group:

This training is suitable for a range of groups / practitioners / staff teams and can also be tailored to suit public events. Practitioners can include: GPs, Community & Youth Workers, local Community Mental Health Team Workers, Sports Leaders, Church Leaders and local Teachers from each particular community.

Fee: Free.

Duration: One Day

Course Delivered by ZEST.

To book places contact hosting Networks:

Impact Network Ni
Janine Gaston
Tel: 028 9447 8645 ***E-mail:*** *Janine@impactnetworkni.org*

North Antrim Community Network / Causeway Rural & Urban Network
Amanda Elliott
Tel: 077 4028 2650 ***E-mail:*** amanda@nacn.org

Cookstown & Western Shores Area Network
Denise Doherty
Tel: 075 4096 9623 ***E-mail:*** denise@cwsan.org

Suicide Prevention, Intervention & Postvention Courses

Level 1 Courses

Connections (Suicide Awareness)

Level 2 Courses

safeTALK

Level 3 Courses

Applied Suicide Intervention Skills Training (ASIST)

Supporting Children, Young People & their Families Bereaved by Suicide

Suicide Awareness: Connections for a Life Worth Living Level 1

CONNECTIONS
...for a life worth living...

Course Description:

This course is designed to stimulate or build on concern about suicide and is responsive to the learning needs of each organisation/group. All sessions will provide basic information about signs of suicide risk, initial helping steps and signposting information of local and national support services for suicide. Other areas that can be included: exploration of how we can become more supportive, more suicide aware in communities, schools and workplaces, and explore how we can build resilience – personally and within our organisation or community.

Target Group:

This course is focused on awareness and will be of interest to anyone in a caregiver role and who would appreciate the opportunity to explore the general issues around suicide and suicide prevention. This course will be of particular value to those who 'work with', 'care for' or 'look out for' people in need. Participants must be aged 15 years or older.

Fee: Free.

Duration: 2.5 hours approximately

To book places contact:

Aine Wallace, Fresh Minds Education
Tel: 079 2186 1104
Email: enquiries@freshmindseducation.com/
aine@freshmindseducation.com

safeTALK safeTALK Level 2

Course Description:
This course prepares participants to identify persons with thoughts of suicide, provide initial help to keep them safe and connect them to suicide first aid / support resources. Areas covered include:

- Picking up on signs
- Knowing how to ask
- Knowing how to keep someone safe for now
- Local resources and support

Target Group:
This course is suited to community or sports groups, therapists and health professionals, schools, churches, special interest groups, caregivers and workplaces. This course delivers information and also builds skills so that thereafter participants are empowered to support someone in a suicide crisis. Participants must be aged 16yrs or older.

Fee: Free

Duration: 3.5 hrs (or 2.5 hrs if a group has already undertaken level 1 awareness course)

To book places contact:
Aine Wallace, Fresh Minds Education
Tel: 079 2186 1104
Email: enquires@freshmindseducation.com / aine@freshmindseducation.com

For Education Authority NI (North Eastern Region)
Youth Service Staff ONLY:
Caroline Karayiannis, EANI Youth Service
Tel: 028 9056 6469
Email: caroline.karayiannis@eani.org.uk

To book places on NHSCT courses contact:
FAO Geraldine Quinn, Northern Health and Social Care Trust, Health & Wellbeing Team, Spruce House, Braid Valley Hospital Site, Cushendall Road, Ballymena, BT43 6HL
Email:
healthandwellbeing.trainingbookings@northerntrust.hscni.net

Applied Suicide Intervention Skills Training (ASIST)

ASIST
Applied Suicide Intervention Skills Training

Level 3

Course Description:

This course aims to help participants to feel more confident and competent when dealing with a person who is at risk of suicide. Participants will learn how to recognise and estimate risk and explore how to intervene to prevent immediate risk of suicide using an internationally recognised model.

Target Group:

This course is relevant to different professional groups including youth workers, teachers, frontline public sector and voluntary sector workers in a variety of areas, residential support staff as well as members of the general public, carers etc. Due to the material covered within this course it is usually not suitable for anyone who has been bereaved by suicide within the last 12 months or anyone who has recently experienced a suicide crisis. Participants must be aged 18 years and over. This course requires participation in role-plays.

Fee: Free. A limited number of courses / places are available.

Duration: 2 Consecutive Days

To book places contact:
FAO Geraldine Quinn, Northern Health and Social Care Trust, Health & Wellbeing Team, Spruce House, Braid Valley Hospital Site, Cushendall Road, Ballymena, BT43 6HL
Email:
healthandwellbeing.trainingbookings@northerntrust.hscni.net

Aine Wallace, Fresh Minds Education
Tel: 079 2186 1104
Email: enquiries@freshmindseducation.com / aine@freshmindseducation.com

Individuals not working with / caring for high risk young people or adults should consider attending Connections or safeTalk in advance of ASIST.
Anyone with experience of suicide in the last 2 years may find ASIST emotionally challenging due to the course content.

Supporting Children, Young People & Families Bereaved by Suicide Level 3

Course Description:

This course will give participants the opportunity to understand children and young people's grief and practical ways of how to care for bereaved children and young people. After the training participants should have information on:

- How children and young people develop and understanding of death including traumatic bereavement through suicide
- Techniques on how to support bereaved children and young people
- Supporting the families' grief

Target Group:

This is bespoke awareness raising suitable for a variety of groups of practitioners and interested parties. It would be relevant to different professional groups who are in a position of caring for children and young people i.e. teachers, youth workers, social workers, G.P's and frontline Health Care Professionals. Given the nature of its content, this course would not be suitable for the general public or people who have been recently bereaved.

Fee: Free. A limited number of courses are available for organisations / groups.

Duration: 3hrs minimum

To book places contact:
Michelle Scullion,
Senior Practitioner, Barnardos Bereaved by Suicide Support Project
Tel: 077 9614 8549
Email: michelle.scullion@barnardos.org.uk

Level 4 Training

For details of Training For Trainers Courses in the following areas:

- **Mental Health First Aid**
- **safeTALK**
- **Applied Suicide Intervention Skills Training (ASIST)**

Please contact:
Helen Gibson
Regional Training Co-ordinator for Mental Emotional Wellbeing & Suicide Prevention
Public Health Agency, Tower Hill, Armagh, BT61 9DR
Tel: 028 3741 4606
Email: helen.gibson@hscni.net

For details of Training For Trainers Courses in:

- **Mood Matters**
- **Living Life to the Full**

Please contact;
Catherine McColgan,
AWARE, 15 Queen Street, Derry/Londonderry, BT48 7EQ
Tel : 028 7126 0602
Email: catherine@aware-ni.org

Patrick Anderson / Marina McCully,
AWARE, 40-44 Duncairn Gardens, Belfast, BT15 2GG
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