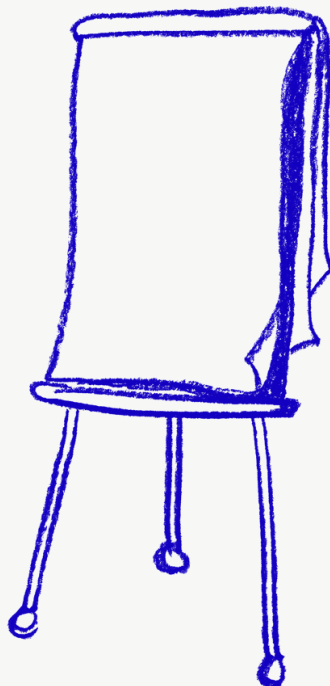


 **Mind** Cardiff Caerdydd



Mental Health Training Brochure

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Introduction

Learning about mental health has many benefits, for both individuals and organisations. By promoting better understanding and awareness, we can reduce stigma surrounding mental health, improve empathy, encourage wellbeing practices, and support ourselves and others to access early interventions.

For companies and organisations looking to foster a healthier and more resilient community of people, we can provide a range of mental health training, delivered by our experienced team of Mental Health Practitioners.

1 in 4 adults in Wales will experience mental health problems in their lives, and around 1 in 6 people will experience mental health problems in the workplace. Looking after our mental health is linked to good quality of life, better physical health, more resilience and improved self-esteem; helping us to thrive in all areas of our life.

We can deliver our training online, at our Cardiff office or we can come to your premises. We can also deliver bespoke courses based on your requirements.

This brochure details our current training packages, if you have any questions please get in touch.

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Youth Mental Health

First Aid

Mental illnesses often start in adolescence or early adulthood and it is important to detect problems early to ensure the young person is properly treated and supported.

The 2-day YMHFA (Wales) course teaches adults who have frequent contact with adolescents, such as parents, guardians, school staff, sport coaches and youth workers, how to assist adolescents who are developing a mental health problem, experiencing a worsening of a mental health problem or in a mental health crisis.

The course teaches adults how to assist adolescents who are developing any of the following mental health problems or crises, or experiencing a worsening of an existing mental health problem:

- Depression
- Anxiety problems
- Eating disorders
- Psychosis
- Substance use problems
- Suicidal thoughts and behaviours
- Panic attacks
- Traumatic events

This course is a national training programme for Wales which is licensed and developed by MHFA Wales.

Mental Health First Aid

The 2 Day AMHFA (Wales) course teaches adults how to provide Mental Health First Aid to friends, families and co-workers. Mental Health First Aid is the help provided to a person who is developing a mental health problem, experiencing a worsening of an existing mental health problem, or in a mental health crisis.

Curriculum content is evidence-based, with the input of mental health professionals, researchers, and consumer advocates. As a participant, you will gain improved knowledge of mental illnesses and their interventions, knowledge of appropriate first aid strategies, and confidence in helping individuals experiencing a mental health problem.

Topics covered include:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems
- Mental health crises
 - Panic attacks
- Traumatic events

This course is a national training programme for Wales which is licensed and developed by MHFA Wales.

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Mental Health Awareness

2.5 hours - Virtual or In Person
Available to anyone

This session explores common mental health issues and well-known but often misunderstood terms and looks at symptoms of the most common conditions. Additionally, it explores myths surrounding mental health and some of the stigma that exists and which people with mental health problems might encounter.

It will highlight potential risk factors that may influence or have an impact on people's mental health and provide information to signpost to relevant services for support.

Session Outcomes:

- To define what is meant by the term “mental health”
- To discuss statistics, myths and stigma surrounding mental health
- To explore common mental health issues (Depression & Anxiety)
- To develop an awareness of other specific conditions and often mis-used terms
- To identify risk factors contributing to poor or worsening mental health
- To list support services for referral

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Mental Health & Neurodiversity Awareness

3.5 hours - Virtual or In Person

Available to anyone

Also Available as a standalone Neurodiversity Awareness course 1.5 hours

This session explores common mental health issues, namely Depression and Anxiety. We will identify the symptoms associated with these conditions and how people in our community may be impacted by them. We will discuss the stigma that is present surrounding mental health and will work to debunk some common myths.

In the second part, we will define neurodivergence and explore the difference between neurodiversity and mental health. We will look in-depth at some common differences including ASD and ADHD and discuss difficulties and strengths that come with neurodivergence.

Finally, we will evaluate the importance of reasonable accommodations and how we can support the neurodivergent people in our lives.

Session Outcomes:

- To define what is meant by the term “neurodiversity”
- To discuss statistics, myths and stigma surrounding mental health and neurodivergence
- To explore common mental health issues (Depression & Anxiety)
- To explore ASD, ADHD, Dyslexia, and Dyspraxia and the strengths and difficulties that come with them
- To identify accommodations that can be used to support neurodivergent individuals

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Suicide First Aid



SFA
Suicide First Aid
Understanding Suicide Intervention



SFA Lite
Suicide First Aid
Understanding Suicide Intervention

These programmes provide learners with the foundational knowledge and practical skills needed to effectively intervene in situations where someone may be contemplating suicide.

Designed for individuals across various professions and community roles, these programmes equip you with the tools to recognise the signs of suicide, initiate life-saving conversations, and connect at-risk individuals with appropriate resources. Whether you're a healthcare professional, educator, HR personnel, or concerned community member, this programme empowers you to make a real difference.

Who Should Attend: Anyone in a position to support individuals with thoughts of suicide, including healthcare providers, educators, HR managers, community leaders, and social workers. No prior experience in mental health or suicide prevention is required.

Why These Programmes Matter: By equipping yourself with the skills taught in these programmes, you become a crucial part of the effort to reduce suicide rates and save lives. Every intervention can make a difference.

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

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Suicide First Aid and Suicide First Aid Lite

Key Learning Outcomes:

- Understanding suicide and its causes
- Recognising signs that someone may be thinking of suicide
- Effective communication techniques
- Immediate intervention strategies
- Ethical considerations



SFA
Suicide First Aid
Understanding Suicide Intervention

**Full Day course for up to
16 learners.**

**Endorsed by UK 'Skills for
Health' Framework.**

**Option to enrol in RSPH Level
4 Accredited Unit of Learning.**

**Certification on completion
of written assignment.**



SFA Lite
Suicide First Aid
Understanding Suicide Intervention

**Half Day course for up to
20 learners.**

**Endorsed by UK 'Skills for
Health' Framework.**

**“A lot of important
learning that could
potentially save
someone’s life ”**

RSPH
ROYAL SOCIETY FOR PUBLIC HEALTH
VISION, VOICE AND PRACTICE

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Bespoke Training

At Cardiff Mind, we endeavour to meet the needs of all organisations so we happily accept requests for bespoke training programmes tailored to your goals.

The training will be developed with up-to-date research and will answer any questions you have.

Our trainer can co-develop the training with you or adapt our existing training to ensure the programme fits your aims and learning outcomes.

Previous bespoke training programmes include:

- Mental Health and Neurodiversity Awareness within the NHS
- Mental Health Awareness for Teenagers
- Supporting Mental Health in the Workplace

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How to Book

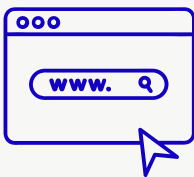
If you have any inquiries or wish to book onto one of our training programmes, please contact us...



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<https://cardiffmind.org>

 **Cardiff Caerdydd**