

Course	Description
<p><b>Mental Health First Aid - 'First Aider'</b></p> <p>Duration: <b>2 days</b></p>	<ul style="list-style-type: none"> <li>• How to identify, understand and help someone who may be experiencing a mental health issue. The course also provides people with an insight into their own mental health and effective ways of maintaining their well-being.</li> <li>• How to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.</li> <li>• How to help someone access the y might need to aid recovery.</li> </ul>

Course	Description
<p><b>Mental Health First Aid - 'Champion'</b></p> <p>Duration: <b>1 day</b></p>	<ul style="list-style-type: none"> <li>• Mental Health First Aid (MHFA) is a training course which supports people to identify, understand and help someone who may be experiencing a mental health issue.</li> <li>• 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.</li> </ul>



A comprehensive programme of **FREE training** on various aspects of mental health.

Available to people working across Bath & North East Somerset, Wiltshire and Swindon in the following sectors:

- Emergency Services
- Care provision
- Voluntary Organisations
- Health Services



*All training will be delivered face to face and where possible at a time and venue that is convenient to you.*

For more information please visit [www.ageuk.org.uk/wiltshire](http://www.ageuk.org.uk/wiltshire)

or contact us on:

**E:** [training@ageukwiltshire.org.uk](mailto:training@ageukwiltshire.org.uk) **T:** 01380 735522



Course	Description
<p><b>Mental Health Awareness</b></p> <p>Duration: <b>2 hours</b></p>	<ul style="list-style-type: none"> <li>• What is mental health and the parity of esteem with physical health.</li> <li>• How to spot the signs and symptoms of ill mental health.</li> <li>• How to respond to, and communicate with someone experiencing mental health difficulties. <i>(Looking at the mental health continuum and using the ABC Approach).</i></li> <li>• How to remain resilient to dealing with mental health issues at work. <i>(Using 5 ways to wellbeing).</i></li> <li>• Where to signpost to professional external help.</li> </ul>

Course	Description
<p><b>Mental Health Training for Managers</b></p> <p>Duration: <b>4 hours</b></p>	<ul style="list-style-type: none"> <li>• Spot the signs and symptoms of mental health concerns in your team and be able to have sensitive conversations around mental health.</li> <li>• Build a supportive and open culture around wellbeing and how to manage staff experiencing stress.</li> <li>• Remain resilient in dealing with mental health issues and know when and where to signpost staff to professional external help.</li> <li>• Support and manage staff experiencing stress.</li> <li>• Know when and where to signpost staff to professional external help.</li> </ul>

Course	Description
<p><b>5 Ways to wellbeing</b></p> <p>Duration: <b>1 - 2 hours</b></p>	<ul style="list-style-type: none"> <li>• What is Wellbeing?</li> <li>• Exploring the 5 ways to wellbeing; <ul style="list-style-type: none"> <li>• Connect</li> <li>• Be Active</li> <li>• Keep Learning</li> <li>• Give</li> <li>• Taking notice</li> </ul> </li> <li>• Creating a Wellbeing action plan and how to put that plan into practice.</li> </ul>

Course	Description
<p><b>Dementia beyond the Basics</b></p> <p>Duration: <b>1 day</b></p>	<p>Suitable for people working in the Health and Social Care sectors and anyone who has an interest in dementia. Course covers:</p> <ul style="list-style-type: none"> <li>• The brain: areas affected by dementia and its impact on people with dementia</li> <li>• Diagnosis and treatment</li> <li>• Strategies to deal with confusion, memory loss and disturbing behaviour</li> <li>• Importance of person-centred care</li> </ul>