

# Mental health training & development courses

There are a wide range of courses available to individuals and organisations in South Gloucestershire on mental health. The aim of the courses is to increase the knowledge and confidence of individuals to help support with mental health needs.



# Mental health training & development courses

## Courses offered by South Gloucestershire Council

Course title	Duration	Details
Self-harm awareness – aimed at professionals working with children and young people	Half day	It covers what self-harm is, and why people might hurt themselves, as well as providing space to think about what a helpful response to someone who has hurt themselves might be. It has a strong emphasis on bringing the voices of people who use self-harm to the virtual room and provides space and time for reflection.
Bitesize mental health and wellbeing courses	45-60min	These courses are designed as an update or to train a wider team. Suitable for teams that work with children or adults in South Gloucestershire. The courses are offered in the following topics: 1) Mental health awareness, 2) Resilience and self-care, 3) Trauma awareness and recovery 4) Drugs and alcohol how does that affect mental health. They complement the more in-depth mental health training offer. Bitesize workshops are available as a video recording; please ask <a href="mailto:mentalhealth@southglos.gov.uk">mentalhealth@southglos.gov.uk</a> for the link. They are also delivered live online or face to face coming directly to teams on request e.g. via a team meeting, events, inset days etc.
Fundamental wellbeing first aid	2 days	This course will raise your awareness around mental health and how to spot the signs of mental health issues and offer support to adults and children. This course qualifies you as a 'Mental Wellbeing First Aider'. Delegates will receive a manual and e-certificate (£25 Cost for Manual).
Fundamental wellbeing supporter	1 day	On this course, individuals will gain an insightful understanding of mental health and wellbeing. This course qualifies you as a 'Mental Wellbeing Supporter'. Delegates will receive a manual and e-certificate. (£20 Cost for Manual). This course is available for teams and that have a group of staff (10-12 participants) they wish to upskill please contact <a href="mailto:mentalhealth@southglos.gov.uk">mentalhealth@southglos.gov.uk</a> to arrange.

## Courses offered by Off the Record

Working confidently with gender and sexuality	Half day	This training supports practitioners to understand and be able to integrate best practice when supporting LGBTQ+ young people with gender, sexuality and diversity related issues. including empowering young people and reflecting upon your own values.
Resilience lab - train the trainer	2 days	This two-day training gives you the means to deliver Resilience Labs within in your setting. Offers psycho-educational workshops developed around the evidence-based principles of positive psychology. All the sessions work towards equipping young people with a toolkit of strategies to help them not just cope, but overcome challenges they face in life. Sessions are based on five different themes: pressure proof, making friends with stress, thinking traps, stronger and reach out.

## Courses offered by Local Primary Mental Health Specialists

## Focusing on specific mental health needs

Course title	Duration	Details
Anxiety in 5-11yr olds	1.5 hours	This workshop supports practitioners to recognise and help children with anxiety. The course covers what anxiety is, the different types of anxiety and how children are affected by anxious parents.
Anxiety and emotionally based school avoidance	1.5 hours	This workshop guides you through to better understand anxiety and emotional based school avoidance and support you with tips and tools to support your work with children and families. You will also be signposted to further organisations and support.
Emotional regulation	1.5 hours	To understand how children and young people learn emotional regulation in their development and attachment to care givers. What can be done if emotional regulation skills have not been learned in early childhood?
Body image & eating disorders	1.5 hours	Provides an understanding of body image and eating issues and when to be concerned.
Low mood and depression	1.5 hours	This course helps to better understand low mood and depression and to support you with tips and tools to support your work with Children and Families. You will also be signposted to further organisations and support.
Urgent mental health concerns	2 hours	This Primary Mental Health Specialist online workshop increases awareness around urgent mental health concerns. It defines urgent mental health, introduces emerging psychosis, self-harm, suicide and eating disorders, while supporting you to reflect on your own experiences of YP with urgent mental health needs.
Trauma and attachment	2 Hours	This Primary Mental Health Specialist online workshop will provide an understanding of Trauma and Attachment in children and Young people. This includes an introduction to attachment and trauma theories, effects on child neurological development, differences between single episode and complex (developmental) Trauma, understanding behaviours we see through a trauma /attachment prism and considers ways we can help.

## Off The Record

A mental health social movement by and for young people aged 11-25 living in Bristol and South Gloucestershire. Their website provides lots of information around mental health and the hubs and courses they run.

[www.otrbristol.org.uk/what-we-do](http://www.otrbristol.org.uk/what-we-do)

## Cost of courses

The majority of the courses are free if you live or work in South Gloucestershire. Any charges for South Gloucestershire Council staff will be covered by the relevant divisional or service training budget. The details of what different agencies will be charged are on the council's learning and development website.

[learning.southglos.gov.uk/courses/bookings/course\\_charges.asp](http://learning.southglos.gov.uk/courses/bookings/course_charges.asp)

## To book please see our learning and development website

[southglos.gov.uk/learning](http://southglos.gov.uk/learning)  
or contact:  
[mentalhealth@southglos.gov.uk](mailto:mentalhealth@southglos.gov.uk)

## Please note

We have limited resources to put on these courses if you can't attend please let us know at the soonest opportunity so we can reallocate your place.

## Participant feedback

I needed to learn more about individuals mental health issues. This course has got me hooked.

Participant on  
Mental health awareness (Children and Young People)

I found the whole course great, the way it was presented was so engaging which made a difficult subject enjoyable whilst keeping it professional.

Participant on **Self harm awareness**

They give an excellent overview of the topic which can then be followed up if needed, I have recommended to the rest of my team!

Participant on **Bitesize mental health aware**

The content was useful, very good overview on the topic. Resources helpful.

Participant on **Anxiety and school avoidance**

It was very informative and lots of tips I will be using everyday in school.

Participant on **Emotional regulation**

It was good to have a range of people from different job roles there to discuss things with.

Participant from **Anxiety in 5-11-year-olds**

