

NHSGG&C Mental Health Training Pathway

Participants may want to explore more formal training courses to further develop their knowledge and skills in mental health following completion of the basic mental health and related topics sessions.

Training	Duration	Overview	Access
e-learning			
Understanding Mental Health	6 sections to progress	For people who have no previous training in mental health. It will give you a broad overview of the area of mental health improvement from promoting positive mental health to recovery from mental health problems.	www.northlanmindset.org.uk
Self harm	6 sections to progress	For people who have no previous training in this area. It will give you an overview of the area of self harm and how those who do self harm can be supported.	www.selfharmlifelines.org.uk
Understanding Maternal Mental Health	1.5 hours	Introduces the learner to key facts about mental illnesses that may affect women during their pregnancy and postnatal period, examines the promotion of positive mental health, identifies risk and protective factors for mental ill health and explores current evidence about prescribing in pregnancy and during breastfeeding.	http://www.knowledge.scot.nhs.uk/maternalhealth/learning/maternal-mental-health.aspx
Blended Learning			
Scottish Mental Health First Aid (Young People)	14 hours: Blended Learning	The aim of the course is to better understand mental health, how it affects young people, and to learn mental health first aid skills. After completing the training, participants will be able to, recognise the signs of mental distress in a young person, provide initial support and guide a young person towards appropriate help.	www.smhfa.com

Training	Duration	Overview	Access
Direct delivery			
Scottish Mental Health First Aid	12 hours	The course offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found	www.smhfa.com
What's the Harm: Self harm Awareness	1 day	This is a NHS GG&C board wide resource that seeks to standardise understanding of and responses to self harm when used as a coping strategy.	Contact Heather Sloan: Health Improvement Lead (Mental Health) Heather.sloan@ggc.scot.nhs.uk
safeTALK	½ day	A four hour session aimed at giving participants the skills to recognise that someone may be suicidal and to connect the person to someone with suicide intervention skills.	http://www.chooselife.net/
Applied Suicide Intervention Skills (ASIST)	2 days	In the same way that skills are needed for physical first aid, ASIST develops the skills necessary for suicide first aid. A 2-day intensive, interactive and practice dominated course aimed at enabling people to spot the risk of suicide and provide immediate help to persons at risk.	http://www.chooselife.net/

NAME:

LEARNING OPPORTUNITY:		PROVIDER:	
VENUE:		DATE:	
LEARNING OUTCOMES:			

CRITICAL REFLECTION:

<i>What did I learn?</i>	<i>How will I apply learning to practice?</i>
<i>What did I contribute?</i>	<i>Who will I share my learning with?</i>

References

1. Public Health Priorities for Scotland, Scottish Government 2018
2. Children and young people's mental health: the facts, Centre of Mental Health 2018
3. Mental Health in Scotland – a 10 year vision: Scottish Government 2017 <https://www.gov.scot/Publications/2017/03/1750>
4. Healthy Minds, DPH Biennial Report 2017
https://www.nhsggc.org.uk/media/245351/nhsggc_ph_healthy_minds_dph_biennial_report_2017-11.pdf