



# Free training from Rethink Mental Illness in Camden and Islington



Rethink  
Mental  
Illness.

# Contents

- About Rethink Mental Illness
- About Camden and Islington
- About our training
- Our courses:
  - Mental Health Awareness
  - Mental Health for Managers
  - Suicide Awareness
  - Managing Suicidal Conversations
  - Mental Health First Aid (MHFA)
- Frequently Asked Questions

# About us

We're **Rethink Mental Illness**. Our mission is to lead the way to a better quality of life for everyone severely affected by mental illness.

We **support** tens of thousands of people through our **groups, services and advice and information**.

We train employees, employers and members of the public on how best to support someone affected by mental illness. This work guides our **campaigning** for the rights of people with mental illness and their carers.

**Working alongside the people we support, we are saving lives.**

# About Camden and Islington

Camden and Islington Councils are committed to promoting awareness, developing understanding and challenging stigma associated with mental ill health.

To help achieve this, the councils have partnered with Rethink Mental Illness to provide high quality, evidence-based mental health awareness and suicide prevention training courses for adults in Camden and Islington.



# About our training

## We can help you by providing training on:

- The background knowledge we all need on mental health in order to think differently
- Practical ways employees can promote a better culture in workplaces
- Frameworks for having supportive conversations
- Tools for managers when supporting the wellbeing of direct reports
- Training on suicide and how to help people who are in crisis



# Mental health awareness

## About this course

3.5 hours online or 4 hours in-person

Suitable for all staff

## Modules

1. Your wellbeing
2. What is mental health?
3. What is mental illness?
4. Stigma and discrimination
5. Supportive conversations





# Mental health awareness

## Module 1 – Your wellbeing

### Learning objective:

By the end of this module, delegates will be able to describe what wellbeing looks like for them and identify ways to proactively look after it.

### We will cover:

- What wellbeing means to you
- The Five Ways to Wellbeing
- The Stress Bucket
- Wellbeing Plans

## Module 2 – What is mental health?

### Learning objective:

By the end of this module, delegates will be able to explain mental health as something we all have and evaluate the impact of stigma on society's attitudes to mental health.

### We will cover:

- The language we use when discussing mental health and mental illness and the impact this has
- The difference between mental health and mental illness
- We all have mental health
- That everyone's mental health exists on a continuum



# Mental health awareness

## Module 3 – What is mental illness?

### Learning objective:

By the end of this module, delegates will be able to describe some common and less common mental illnesses and their possible signs and symptoms.

### We will cover:

- Definitions of 'mental illness'
- How common mental illness is
- Black, Asian and Minority Ethnic experiences of mental illness
- Signs and symptoms of general mental ill health
- Some common and less common mental illnesses
- Risk and protective factors

## Module 4 – Stigma and discrimination

### Learning objective:

By the end of this module, delegates will be able to identify practical ways they can challenge stigma.

### We will cover:

- Definitions of 'stigma' and 'discrimination'
- Examples of stigma toward mental illness at work
- The impact of stigma
- Ways we can challenge stigma in a workplace



# Mental health awareness

## Module 5 – Supportive conversations

### Learning objective:

By the end of this module, delegates will be able to list features of a supportive conversation with a colleague who is experiencing poor mental health.

### We will cover:

- Things to try not to do and try to do
- A framework to guide a supportive conversation
- Scenarios – having supportive conversations with your colleagues
- Routes to support for crisis and non-crisis situations



# Mental health for managers

## About this course

3.5 hours online or 4 hours in-person

Suitable for all managers

## Modules

1. Your wellbeing
2. What is mental health?
3. What is mental illness?
4. Mental illness in the workplace: How can managers respond?
5. Supportive conversations



# Mental health for managers

## Module 1 – Your wellbeing

### Learning objective:

By the end of this module, delegates will be able to describe what wellbeing looks like for them and identify ways to proactively look after it.

### We will cover:

- What wellbeing means to you
- The Stress Bucket

## Module 2 – What is mental health?

### Learning objective:

By the end of this module, delegates will be able to explain mental health as something we all have and evaluate the impact of stigma on society's attitudes to mental health.

### We will cover:

- The difference between mental health and mental illness
- We all have mental health
- That everyone's mental health exists on a continuum



# Mental health for managers

## Module 3 – What is mental illness?

### Learning objective:

By the end of this module, delegates will be able to describe some common and less common mental illnesses and their possible signs and symptoms.

### We will cover:

- Definitions of 'mental illness'
- How common mental illness is
- Black, Asian and Minority Ethnic experiences of mental illness
- Signs and symptoms of general mental ill health
- Some common and less common mental illnesses
- Risk and protective factors

## Module 4 – Mental Illness in the workplace: How can managers respond?

### Learning objective:

By the end of this module, delegates will be able to identify key areas where employees might struggle with their mental health and list practical measures they might take to reduce this.

### We will cover:

- Presenteeism & Leaveism
- 1:1s
- Confidentiality and its limitations
- Wellbeing Plans
- Stress Risk Assessments
- Reasonable adjustments
- The legal framework



# Mental health for managers

## Module 5 – Supportive conversations

### Learning objective:

By the end of this module, delegates will be able to list features of a supportive conversation with a colleague who is experiencing poor mental health.

### We will cover:

- Things to try not to do and try to do
- A framework to guide a supportive conversation
- Scenarios – having supportive conversations as a manager
- Routes to support for crisis and non-crisis situations



# Suicide awareness training

## About this course

4 hours online or in-person

Suitable for all staff / community groups / businesses

## Modules

1. Looking after yourself
2. Suicide and stigma
3. Spotting the signs
4. Having a safe conversation





# Suicide awareness training

## Module 1 – Looking after yourself

### Learning objective:

By the end of this module, delegates will be able to describe what wellbeing looks like for them and identify ways to proactively look after it.

### We will cover:

- Whose wellbeing comes first?
- The Stress Bucket
- Wellbeing Plans – planning for your wellbeing during and after this course as well as in future when helping others

## Module 2 – Suicide and stigma

### Learning objective:

By the end of this module, delegates will be able to identify stigmatising views around mental illness and suicide and challenge them.

### We will cover:

- How easy is it to talk about mental illness and/or suicide?
- Attitudes towards mental illness
- Myths surrounding suicide
- Facing multiple stigmas
- Scenarios – practice challenging stigma



# Suicide awareness training

## Module 3 – Spotting the signs

### Learning objective:

By the end of this module, delegates will be able to list possible signs that someone might be suicidal.

### We will cover:

- What makes 'a life worth living'
- Protective factors
- Risk factors
- Warning signs we might see or hear

## Module 4 – Having a safe conversation

### Learning objective:

By the end of this module, delegates will be able to describe the features of a safe and helpful conversation with someone who is suicidal.

### We will cover:

- Things to try not to do and try to do
- How to 'Ask, Evaluate and React'
- Confidentiality and its limitations
- Scenarios – practice having a safe conversation

# Managing suicidal conversations

## About this course

This course is typically delivered from 9:30am to 4:30pm

Delivered by Samaritans

This course is aimed at anyone whose role may bring them into direct contact with people experiencing thoughts and feelings of suicide – and will help them manage those conversations more confidently

This course would also be highly beneficial to organisations looking to develop their suicide prevention strategies

This course is led by an expert Samaritans facilitator and uses a variety of tools to encourage interaction and group learning



# Managing suicidal conversations

## **This course will help participants to:**

- Appreciate the profile of suicide in the UK
- Understand the background risk factors and feelings that can lead to suicidal thoughts
- Recognise direct and indirect signs of suicidal ideation
- Develop skills to manage a suicidal conversation sensitively and effectively
- Explore strategies to assess and respond to risk

# Mental health first aid

## About this course

- This course will teach you practical skills to spot the triggers and signs of mental health issues.
- Gain confidence to step in, reassure and support a person in distress.
- On completion you will be a certified Mental Health First Aider.
- Youth or Adult versions available
- The online course is split into 4 live sessions on 4 separate days (no longer than 4 hours per session).
- We can also offer Mental Health First Aid face-to-face over 2 full days.



# Mental health first aid (MHFA)



## Booking as an individual:

- If you are an individual looking to book onto this course, please sign up to one of our Open courses via Eventbrite:  
<https://www.rethink.org/aboutus/what-we-do/mental-health-training/mental-health-training-camden-and-islington/>
- To enquire or book as a group, contact [training@rethink.org](mailto:training@rethink.org).







# Frequently asked questions

**? Do you deliver courses remotely or face to face?**

We do both. Whatever suits the client.

**? What software do you use to deliver courses?**

We use Zoom to deliver our remote training.

**? How will delegates access an online course?**

Delegates join via the Zoom link we provide you with.

**? Are the courses interactive?**

Our online courses are fully interactive to enhance learning and maintain attention.

# Frequently asked questions

## ? Who will deliver the course?

Your dedicated trainer will be suitably qualified to deliver your course. Our trainers come from a variety of backgrounds, but all have mental health and workplace wellbeing in common.

## ? Someone needs to start late/leave early – is that OK?

Our courses are designed to be attended in full. However, we understand that delegates have other responsibilities or constraints which mean they have to arrive a few minutes late or leave a few minutes early, please just let us know.

## ? Can we have a copy of the slides before/after the course?

If you book our Mental Health Awareness, Mental Health for Managers or Suicide Awareness course, you will get an e-pack emailed out to you containing all the resources from the session.

## ? Can we record the session?

We pride ourselves on the safe space we create in our virtual training room for delegates and attendees to share openly. This is why we do not record the courses. If you are looking for a recorded session or pre-recorded session, this is not something we offer as standard, but we can discuss your needs for this.



# Frequently asked questions

## ? How many people can attend a course?

Our optimal group size for our longer courses is 16 but you are welcome to have up to 20. For shorter (bite-sized) sessions, we can accommodate bigger groups. For MHFA, the maximum is 16.

## ? Are you able to deliver on other platforms?

We have found Zoom to be the best option to deliver courses. If you have any concerns or questions, do get in touch.

## ? Why are these courses free?

The councils have paid for this training for any individuals/organisations who live, work, volunteer or study in Camden or Islington, in order to improve perspectives and raise awareness of mental health and where to get help in Camden and Islington.

Whilst this training is free to you, it is still a cost to the council. For this reason, we are very keen to ensure that as many people receive training as possible.

**If you cannot attend, please let us know immediately so that we can offer the place to someone on the waiting list.**



Rethink  
Mental  
Illness.

## Get in touch today

To book your fully-funded course or chat to us about your needs, email the Training Team at [training@rethink.org](mailto:training@rethink.org) or call **0333 222 5878**.

rethink.org

© Rethink Mental Illness. Material only to be used with permission of Rethink Mental Illness