



Camden & Islington

Expand your knowledge -
Support yourself and others.

Free training from Rethink Mental Illness



Contents

- [2. About Rethink Mental Illness and Camden and Islington](#)
- [3. Courses available in Camden and Islington](#)
- [4. Mental Health Awareness](#)
- [5. Mental Health for Managers](#)
- [6. Managing Suicidal Conversations](#)
- [7. Youth and Adult Mental Health First Aid](#)
- [8. FAQs](#)
- [9. Contact](#)

About Rethink Mental Illness

We're Rethink Mental Illness, a leading charity provider of mental health services in England.

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.

All of 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.

We are excited to be able to offer free training to anyone that lives, works, studies or volunteers in the London Boroughs of Camden or Islington, funded for you by the councils.

About Camden and Islington

Camden and Islington Councils are committed to promoting awareness and developing understanding of mental health and mental wellbeing and to challenging stigma and discrimination still associated with mental ill health. To help achieve this, they have set out to provide high quality, evidence-based mental health awareness and suicide prevention training courses for adults in Camden and Islington.



Camden and Islington

What's available?



Book training for your organisation today, or sign up to one of our Open courses for individuals.

- Mental Health Awareness
- Mental Health for Managers
- Managing Suicidal Conversations
- Mental Health First Aid (Adult or Youth)

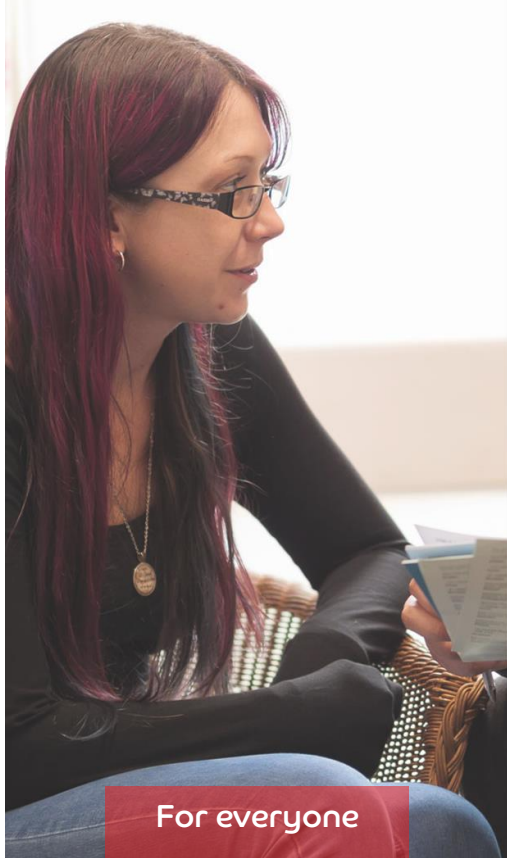
"This was a very worthwhile course, open honest, encouraging and thought provoking. The training was delivered with enthusiasm and sensitivity and encouraged engagement with and between the attendees. Much more fun than I would have expected!"

Most of these courses are delivered online, however they can be available in person too. Please don't hesitate to enquire via training@rethink.org

Organisations are limited to receive one course per year.

Find information on our upcoming courses here:

<https://www.rethink.org/aboutus/what-we-do/mental-health-training/mental-health-training-camden-and-islington/>



For everyone

3.5 hours online,
4 hours plus
breaks in person

Modules:

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

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

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

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

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 in a supportive conversation
- A framework to guide a supportive conversation
- Scenarios – having supportive conversations with your colleagues
- Routes to support for crisis and non-crisis situations



Aimed at line managers*

3.5 hours online,
4 hours plus
breaks in person

* Can also be delivered to non-managers

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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.

We will cover:

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

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:

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- 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

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

5. Supportive conversations

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We will cover:

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



Delivered by
Samaritans

7 hours in
including
breaks

Overview

Delivered by Samaritans, Managing Suicidal Conversations is a one day, facilitated course that is delivered online via zoom.

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.

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

Booking onto the course

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

You can book onto this course here:

<https://www.rethink.org/aboutus/what-we-do/mental-health-training/mental-health-training-camden-and-islington/samaritans-suicide-prevention-training-in-camden-and-islington/>

Objectives

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.



MHFA England

Adult or Youth
Mental Health First
Aid

Delivered online over 4 sessions, or
over 2 full days in person

Overview

- 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.
- The online version is a blend of live training sessions and self-learning activities.

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.

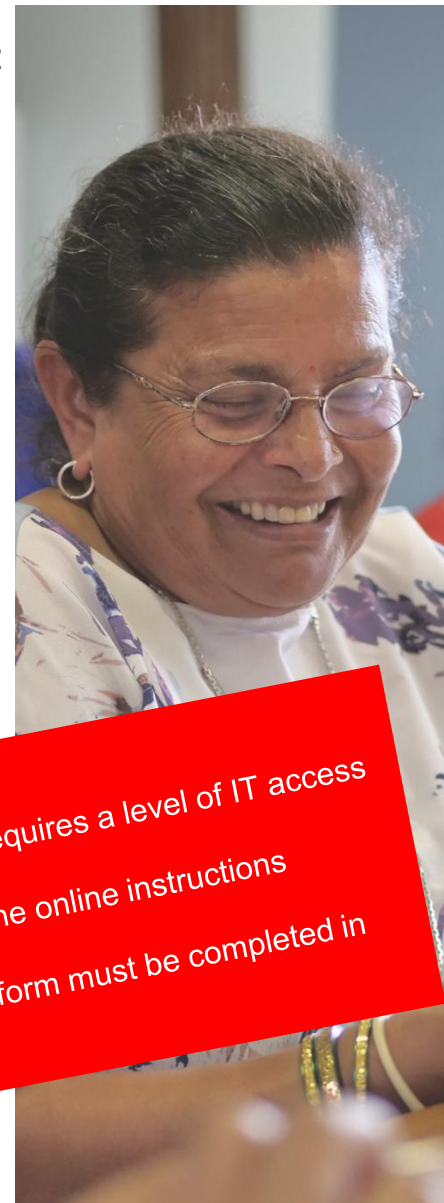
To enquire or book as a group, contact training@rethink.org.



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/>



Please note!
When delivered online, this course requires a level of IT access and ability.
You must also commit to following the online instructions carefully.
Any online work and the feedback form must be completed in order to receive your certificate!

training@rethink.org

Why are these courses free?

The council have paid for this training for any individuals/organisations who live, work, volunteer or study in Camden or Islington to receive Mental Health training, 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 the service user, 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 waitlist.

Do you deliver courses remotely or face to face?

We are still delivering training remotely but are beginning to offer face to face too. Please enquire and we will try to meet your request.

What software do you use to deliver remote courses?

We use Zoom to deliver our remote training. MHFA has its own platform you'll need to register on.

Are you able to deliver on other platforms?

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

How do I access online training?

You will be sent joining instructions* with your booking confirmation. But essentially, you only need to follow the link that we will send you when your booking is confirmed.

*Note, if you book via Eventbrite, you may receive reminder emails leading up to the event with the booking link.

Are the courses interactive?

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

How many people can attend a course?

You must recruit a minimum of 15 when booking for a group. Let us know if you have concerns about this and we might be able to support. You can recruit a max of 25. For Mental Health First Aid courses, the maximum number of delegates is 16.

Frequently Asked Questions



Who will deliver my course?

Your dedicated trainer will be suitably qualified to deliver your course. Our trainers come from a variety of backgrounds, but are all very qualified and experienced in mental health. You can ask more about your trainer when booking.

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

If you attend our Mental Health Awareness or Mental Health for Managers course you will get an e-pack emailed out to you with lots of helpful information.

Can I record the session?

We pride ourselves on the safe space we create in our virtual training room for delegates and attendees to share openly and honestly their thoughts and feelings on mental health and/or the workplace. This is one reason we do not allow delegates or clients to 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 are willing to discuss your request separately.

Get in touch today

To hear more about how we can help you, get in touch with the Training Team at training@rethink.org or on 0333 222 5878.

training@rethink.org

