

# MENTAL HEALTH AWARENESS TRAINING DELIVERED BY PSYCHIATRY-TRAINED EXPERTS



## MENTAL HEALTH TRAINING WORKSHOPS. FLEXIBLE AND TAILORED CONTENT DELIVERED BY PSYCHIATRY-TRAINED EXPERTS WITH A WEALTH OF EXPERIENCE AND KNOWLEDGE

This is not just another 'mental health awareness' workshop. We are one of the UK's leading expert providers of mental health support and abnormal psychology training. We've led from the front for over 20 years and have a five-star reputation for high quality evidence-based training and consultancy.

This training is delivered by highly qualified experts in the field of psychiatry. We support a wide range of clients in the public and private sectors including NHS trusts, local government, social work and social care providers, housing providers, national charities, the police and emergency services, residential care, private hospitals and international corporate business.

We know the challenges that each organisation faces and how to integrate advice and training solutions that fit the needs of all.

We offer off-the-peg training if required. And we're here to help you configure the exact training content that meets your detailed learning objectives. This is a wide and complex field as it helps to have an expert tailor and guide the content to ensure it's a perfect fit for you and your team.

**Telephone 01332 362222**  
**[info@mentalhealthtraining.co.uk](mailto:info@mentalhealthtraining.co.uk)**



**Mental Health  
Training.co.uk**



## ADVANCED TRAINING:

### MHT01 - Mental Health Awareness Training

Other workshops available

- **MHT01 - Mental Health Awareness Training**
- **MHT02 - Personality Disorder Training**
- **MHT03 - Self Harm & Suicide Training**
- **MHT19 - Lone Working & Personal Safety Training**
- **MHT11 - Managing Conflict & Hostile Behaviours Training (Including Lone Working Safety)**
- **MHT06 - Dementia & Neurocognitive Disorders**
- **MHT08 - Dual Diagnosis & Substance Misuse**
- **MHT17 - Hoarding & Self Neglect Training**  
**MHT06 - Dementia & Neurocognitive Disorders**
- **MHT10 - Childhood & Adolescent Mental Health Training**
- **MHT15 - Motivational Interviewing Training**
- **MHT20 - Understanding Capacity, The Mental Health Act & Best Interests Assessments**
- **MHT16 - Mental Health In The Workplace. Training for HR and Managers**

**The UK's leading providers of mental health training & consultancy. An authority you can trust.**

This training is a one-day event and can be delivered onsite / face-to-face or by webinar. Extended training is available.

**Our workshops cover a range of psychiatric disorders and include the following content:**

- The psychology and psychiatry of common mental health problems;
- Recognising diagnosis and signposting individuals with mental health needs;
- Mood Disorders – Major Depression & Bipolar Disorder,
- Schizophrenia and Psychosis;
- Anxiety Disorders – Including Obsessive Compulsive Disorder, Generalised Anxiety Disorder, Panic Disorder and Agoraphobia, Specific Phobias, PTSD, Social Phobias, health anxieties;
- Eating Disorders;
- Personality Disorder with a key focus on Emotionally Unstable Personality Disorder / Borderline Personality Disorder and Dissocial / Antisocial Personality Disorder
- Self Injurious Behaviour and suicidal risk;
- Dementias & Neurocognitive Disorders
- Substance Misuse / Dual Diagnosis;
- Neurodevelopmental Disorders;
- Pharmaceuticals and psychological interventions;
- Differential Diagnosis, Comorbidity & the NICE Guidelines.

**Here's an example overview of a typical training workshop (10 bullet points):**

1 – An overview of mental disorder and the field of psychological health problems. Every DSM 5 / ICD 11 diagnosis can be included to meet your learning needs.

2 – Diagnosis / assessment process with Video examples and client histories;

3- Understanding the precipitants of mental disorder including stress and its relationship with mental health conditions;

4 – Supporting, signposting and managing mental health conditions in your workplace setting. Including conversational supports / counselling strategies and positive behavioural supports;

5 – Understanding, recognising and managing mental health emergencies;

6 – Understand and managing self-harm and suicide;

7 - Understand and support individuals with behavioural vulnerabilities including personality disorder symptoms;

8 – NHS interventions, treatments and supporting people through treatment;

9 – The principles of pharmaceutical and talking therapies / skills-based treatments

10 - Expert training and facilitation. Delivered by a psychiatry-qualified trainer

#### **Training facilitators:**

This training is delivered by facilitators trained in psychiatry and specialise in general psychiatric illness and abnormal psychology, personality disorder and stress-related illness training.

We offer a wide-ranging, multi-disciplinary knowledge and skills with high quality, integrated evidence-based training that you can trust.

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**A very small selection of recent delegate evaluations.**

'Very, very useful. One of the best courses I have been on. Will certainly use what I have learnt. Highly recommended for anyone at all that works with tenants and the public. Almost essential in my opinion'  
**Guinness Housing**

'Similar, I assume, to being machine-gunned. Most enjoyable and informative course I have ever attended!'  
**Pembrokeshire County Council Social Care Workforce**

'This trainer is amazing! Level of knowledge & the medium in which it was communicated as excellent. Great to receive training at an appropriate level. Brilliant!  
**Conwy County Council**

This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'  
**Broadlands District Council**

'Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of an ways in which it could have been improved'  
**Riverside**

'Best Course I've done for years! Bloody Brilliant!'  
**AMHP Social Worker – Haringey Council**

'The course was extremely stimulating and probably the best that I have been on with Longhurst Housing'  
**Longhurst Housing**

'I haven't gained so much from a day's training for a long while. It's a subject in which I have a great interest . I gained much in terms of revision also new information. I haven't enjoyed learning so much for a while - excellent trainer'  
**AMHP Social Worker – Haringey Council**

'Great course! Wealth of information relevant to my role. Interesting combination of research, evidence-based practice of psychological interventions. Training of a much better academic level than lots of training within service at times. Really enjoyed the day  
**AMHP Social Worker – Haringey Council**

"Hands-down the best training that I have ever had at Redbridge"  
**London Borough of Redbridge Council**

'Very interesting course, learned a lot of valuable tools for use with individuals. Excellent delivery!'  
**Pembrokeshire County Council Social Care Workforce**

'Excellent training, thank you! Interesting and thought provoking. All really relevant'  
**West Yorkshire Partnership NHS Foundation Trust**

'Five star! Incredibly interesting, informative, clear and concise. Well done!'  
**London Borough of Bexley Council**

'Best training I have been on at Riverside - very clear and knowledgeable. We should do more courses like this - much better than the usual mediocre training we are subjected to. No ridiculous games designed to waste time or trainer that have little knowledge of the subject. This course was excellent'.  
**Riverside ECHG**

'Excellent course – trainer's knowledge was exceptional - really enjoyed the course and took away some valuable information/tips to assist me with Lone Working'  
**Spectrum Housing**

'Fantastic tutor, would hope that I would be on a course with Simon again. Best one I have been on. Great material and information. More courses like this, hands down the best course I have been on. The information and knowledge is fantastic'.  
**Accent Foundation Housing**

'An excellent course and trainer. Really interesting and very useful information. So very much better than the previous trainer, etc for lone working. Many thanks'  
**Spectrum Housing**

'Superb. The trainer knows his stuff, very informative and well linked to health and safety. Recommend to all staff who work alone'.  
**Barnet Council (H&S manager)**

'Simon is a great tutor and has great knowledge. It's lovely to be able to enjoy a course from start to finish. From the science to the backgrounds of people, to the videos and situations, couldn't fault a thing'.  
**Walsall Housing**

'I was impressed by the trainer's vast knowledge around the subject. It was invaluable the psychology behind risk and behaviours and as delivered in a way we all levels and background knowledge could understand. Thank you so much for a brilliant course'.  
**Waltham Forest Council**

'Most beneficial training I have ever had - relevant, interesting, inspiring - wish there could be more training like this'.  
**Northampton Probation Services**

'Awesome Session. Trainer was excellent!'  
**Delos Community**

'Simon is the best teacher & facilitator of any workshop I have ever been on'.  
**Riverside ECHG**

'Excellent course, training style was brilliant. Thought Wish I could do more training like this. Best training I have ever done'  
**Guinness Housing**

'Though provoking and explained content in a way that made sense. Really enjoyable day'  
**AMHP Social Worker – Havering Council**

'Thank you. A most stimulating and thorough experience for learning and consolidation. Very enjoyable course!'  
**West Yorkshire Partnership NHS Foundation Trust**

'Really good course, informative, relevant to work, really well presented, knowledge of trainer was excellent.  
**AMHP Social Worker – Havering Council**

'This training is possibility the best I have ever been on. I found it all relevant to my role and I now feel more confident in spotting behaviour that could turn nasty and how to take measures to prevent it or to deal with it if the worst came to the worst! Very valuable information to have in my job!. The trainer was extremely knowledgeable and excellent in his training methods'.  
**Acscis Housing**

'Great use of media footage, good straight forward explanation of personality disorder and mental health and the differences therein. Great Trainer!'  
**Nottingham Community Housing**

'One of the best courses I have ever attended. Very informative and useful for all public facing workers'  
**Thanet District Council**

'Great course, would do it again, very, very good course'  
**Serco**

'The case studies were most useful as I was able to link the learnt theory to a situation'  
**Thames Valley Police**

'Brilliant! Recommend it to anyone!'  
**St Mungos**

'Course was fantastic! Trainer as fantastic!'  
**Barnet Council**

'It was excellent. A training course that I got a lot from and one that I will remember for a long time!'  
**Erewash Council**

'Excellent. Best course I've been on!'  
**Barnet Council**

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