



**Mental Health
Training.co.uk**

Training delivered by Psychiatry-trained experts

Workplace Mental Health Training & Consultancy.

MHT-16. Workplace mental health awareness training. Delivered by psychiatry-trained experts. Improved insights, interactional supports, interventions, wellbeing support and signposting

This is not just another 'mental health awareness' training event. We are one of the UK's leading expert providers of mental health support and psychology-based training and consultancy.

We offer insights and solutions that fit with your challenges. We speak your language! And what we say makes sense!

The training provides an overview of psychology and general psychiatry for the layman. It can offer more detailed information on specific disorders as required. Interactional skills, mental health risk assessments, signposting and the principles of good support are embedded into this training.

All training is delivered by highly qualified experts in the field of psychiatry and psychology. It's information and advice you can trust.

We've led from the front for over 20 years and have supported many hundreds of organisations in the public and private sector. We understand your world and the challenges that you face! This training and support offers the solution to real world issues that your organisations and teams may face.



We support an extensive and wide range of clients in the public and private sectors including NHS trusts, GPs, government, social work and social care, the police and emergency services, national charities and private hospitals, education settings and the prison service.

We know the challenges that these sectors independently face and how to integrate advice and training solutions that fit the needs of all.

Telephone 01332 362222
info@mentalhealthtraining.co.uk



ADVANCED TRAINING:

MHT16 - Mental Health In The Workplace. Training for HR and Managers

Other workshops available

- **MHT01 - Mental Health Awareness Training**
- **MHT10 - Childhood & Adolescent Mental Health 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**
- **MHT17 - Hoarding & Self Neglect Training** MHT06 - Dementia & Neurocognitive Disorders
- **MHT15 - Motivational Interviewing Training**
- **MHT20 - Understanding Capacity, The Mental Health Act & Best Interests Assessments**
- **MHT21 - Managing Challenging Behaviours In Children Training** (PACE / PBS Models)

Mental Health Training is one of the UK's leading providers of onsite mental health and psychology-based training. We provide a wide range of evidence-based training in all areas of general psychiatry and clinical / social psychology to support your learning objectives

This workshop supports managers, HR and key staff to better understand and recognise mental health diagnoses common to the workplace. It offers advice, knowledge and skills to better support workplace mental health and staff with mental health needs.

The training also provides advice on the signposting and the process of reasonable adjustments to comply with the Equality Act obligations.

This training is delivered by a psychology / psychiatry qualified facilitator and post training support is available.

Mental Disorder in the workplace. An overview of the training

Key staff and managers may need enhanced skills to recognise, respond and refer individuals presenting with mental health needs.

This training provides a focus on the following key areas:

- Understanding the psychology that underpins positive mental well-being in the workplace.
- Understanding the psychology and psychiatry of mental illness, and the common precipitants (including cognitive factors) that undermine mental well-being in the workplace.
- The common presentations of mental disorder, this includes the signs, symptoms, behaviours and diagnostic contexts - i.e., Stress-related conditions, depression & anxiety-related diagnoses. Other diagnoses and disorders can be addressed as required.

- Assessing for any workplace issues that may be contributing to impaired mental well-being.
- Identifying and modifying and perpetuating factors that may be exacerbating an individual's mental well-being. (It's important that managers and organisations know what can be realistically influenced and the factors outside of its control).
- A framework of listening and conversational / counselling-based support strategies / skills-based training which may provide appropriate adjustments or supports for people who may present with impaired mental health.
- An improved ability to screen, identify and manage potential safeguarding concerns.
- Knowledge and skills to signpost and advocate for individuals experiencing mental health difficulties.
- Bespoke and tailored content is available - we are experts in most areas of psychiatry.

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'.
Ascis 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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