



Rethink
Mental
Illness.

Funded training in Camden from **Rethink Mental Illness**



Camden

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About Rethink Mental Illness

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 Council

Camden Council is committed to promoting awareness, developing understanding and challenging stigma associated with mental ill health and promoting good mental health for all.

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

Eligibility

Our training is available to individuals or organisations who meet the below criteria:

- Those working in Camden within the statutory, voluntary and community sectors with public-facing roles
- Workplaces in Camden who want to make positive changes to attitudes to mental health in workplace environments
- People living or studying in Camden

If you aren't sure whether or not you would be eligible, please don't hesitate to contact us via email: training@rethink.org.

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 the workplace
- 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



Our courses

Mental Health Awareness

Course Duration:

Three and a half hours online or four 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

Module One – 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 Two – 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 Three – 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 Four – 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 towards mental illness at work
- The impact of stigma
- Ways we can challenge stigma in the workplace

Module Five – 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

Course Duration:

Three and a half hours online or four 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

Module One – 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 Two – 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 Three – 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 Four – 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 and wellbeing plans
- Confidentiality and its limitations
- Stress risk assessments
- Reasonable adjustments
- The legal framework

Module Five – 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

Suicide Awareness

Course Duration:

Four hours online or in person.

*Suitable for those working in Camden within the statutory, voluntary and community sectors with public-facing roles, **more specifically working with higher-risk communities***

Modules:

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

Module One – 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 before and after this course as well as in the future when helping others.

Module Two – 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

Module Three – Spotting the stigma

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 Five – 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

Mental Health first aid

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 course is split into four live sessions on four separate days (no longer than four hours per session).
- We can also offer Mental Health First Aid face-to-face over two full days.
- Youth or Adult versions available

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 [here](#).

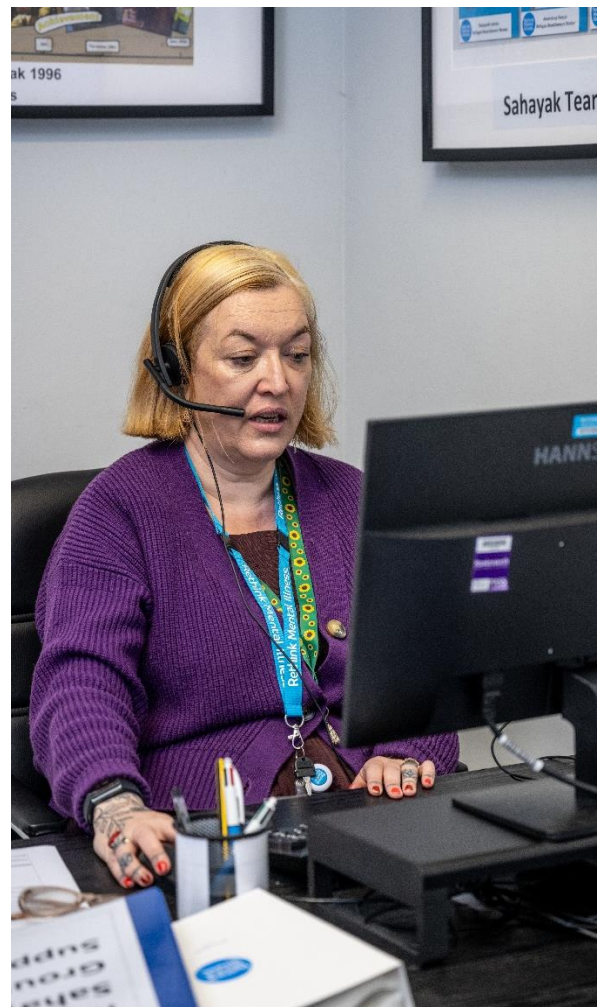
To enquire or book as a group, contact training@rethink.org.

Webinars

There will be a number of short webinars available for anyone who lives/works /studies/volunteers in Camden.

To sign up to these webinars, you can find a list of available dates here.

These sessions last between 50 mins to one hour and cover a range of topics such as 'Managing Stress', 'An Introduction to Resilience Skills' and 'Your Wellbeing as a Frontline Worker'.



Frequently Asked Questions

Question	Answer
Do you deliver courses remotely or face to face?	Either! We aim to train where it suits you.
What software do you use to deliver courses?	We use Zoom to deliver our remote training.
Are you able to deliver on other platforms?	We have found Zoom to be the best option to deliver the course. If you have any concerns or questions, do get in touch.
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.
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.
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.

Frequently Asked Questions

Question	Answer
Can we have a copy of the slides before/after the course?	If you book out 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.
Who are these courses for?	These courses are available for organisations or individuals who meet the below criteria: <ul style="list-style-type: none"> • Those working in Camden within the statutory, voluntary and community sectors with public-facing roles. • Workplaces in Camden who want to make a positive change to attitudes to mental health in workplace environments • People living or studying in Camden
Why are these courses free?	The council has paid for this training in order to improve perspectives and raise awareness of mental health and where to get help in Camden. Whilst this training is free to you, it is still a cost for 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.

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 or call **0333 222 5878**.



rethink.org

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