NHS Tayside Public Mental Health Training Programme

Course	When & Where
Alcohol Brief Intervention Training	1st May, 26th May, 16th June *in person - see eventbrite*
Alcohol and Mental Health	16th May, 28th July *via MS Teams*
Alcohol and Sleep	2nd May, 2nd June *via MS Teams*
Alcohol and Women's Health	29th May, 11th Sept *via MS Teams*
Alcohol Awareness	24th April, 9th June *via MS Teams*
Cocaine Brief Intervention Training	28th May *in person - contact team for details*
Food and Mental Health	15th May, 21st July *via MS Teams*
Informed Level Suicide Awareness	please contact team to arrange
Poverty and Health Inequality sensitive practice in Tayside	please contact team to arrange
Listening Ear	10th June, 21st July *via MS Teams*

For further information, full course descriptors or to book your place, contact:
TAY.publicmentalhealthtraining@nhs.scot

NHS Tayside Public Mental Health Training Programme

Course	When & Where
Long Covid and Mental Health	please contact team to arrange
Mental Health and Wellbeing	13th May, 1st July, 11th August, 23rd Sept *via MS Teams*
Positive Risk Taking in Mental Health	please contact team to arrange
Recovery in Mental Health	2nd June *via MS Teams*
Sleep and Mental Health	10th April *via MS Teams*
Scotland's Mental Health First Aid	please contact team to arrange
Stigma and Discrimination in Mental Health and Substance Use	8th May, 7th August, 28th August *in person - see eventbrite*
Stigma and Discrimination Training for Trainers (2 day session)	12th and 19th May, 8th and 15th Sept *in person - see eventbrite*
Stress Awareness	30th Apr, 16th July *via MS Teams*
Stress Awareness for Managers	please contact team to arrange

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