



Tayside Public Mental Health Training and Capacity Building Programme

This brochure provides short and detailed descriptions of mental health training courses. It helps participants and managers choose suitable courses based on required knowledge, skills and professional roles.

Most courses were developed in response to the 2022 Public Mental Health Training Needs Assessment, which identified gaps and workforce training needs in Tayside. The goal was to design targeted training, enhance delivery and prevent duplication. Ultimately, the training aims to improve knowledge, skills and capacity to support mental health and well-being across Tayside.

There is a growing need for non-clinical professionals to identify, support, and refer individuals facing mental health challenges. Training non-specialist workers in mental health and suicide prevention increases capacity and improves workforce confidence, knowledge and skills. Strengthening the competence of general workers ensures timely support, improving mental health and preventing suicides.

OUR OVERALL AIM OF THE PROGRAMME IS:

To improve knowledge, skills and practices and training capacity of the wider workforce in relation to improving mental health and wellbeing and reducing health inequalities across Tayside.

WHO CAN REGISTER FOR THE COURSES WE OFFER:

All frontline staff working in Tayside across the public and third sectors including volunteers and constituted or unconstituted community groups. Please ask for more details or refer to training descriptors.

For more details or any questions, please contact the Administrator, Public Mental Health Training at tay.publicmentalhealthtraining@nhs.scot



Mental Health & Wellbeing and Substance Use & Alcohol



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Informed Level Suicide Awareness

Aim

Introduce concepts of mental health and wellbeing, identify signs someone may be feeling suicidal, become comfortable with asking about mental health and suicide.

Learning Objectives

- What is mental health and what can affect it
- How can we promote good mental health
- How can we respond compassionately to people in distress
- What are the signs someone may be feeling suicidal
- How can we provide immediate help and support for someone who is feeling suicidal

Target Audience

This workshop is aimed at anyone who has not previously completed suicide awareness training, particularly those who come into contact with members of the public in their day-to-day role.

It provides essential knowledge and introduces skills to be able to recognise and respond supportively to someone who is experiencing mental distress and who might be at risk of self-harm or suicide.

Duration

3 hours

Delivery method

In person.

Booking Information

Register interest/contact the team on the email provided.



Stress Awareness

Aim

Provide participants with increased knowledge on how stress can affect them, assess their current stress producing factors and learn practical methods to combat feelings of stress and anxiety.

Learning Objectives

- Identify feelings and signs of stress in ourselves and others
- Understand difference between stress and anxiety
- Discuss ways to combat stress and to improve resilience
- Explore support and resources

Target Audience

Anyone interested in learning more about stress from an introductory level.

Duration

1 hour.

Delivery method

Online.

Booking Information

Bookable through Eventbrite.



Mental Health and Wellbeing

Aim

Provide participants with increased knowledge of what mental health and mental wellbeing is. What factors can affect our mental wellbeing and how to assess our own wellbeing and support others.

Learning Objectives

- What is mental health and what is mental wellbeing
- What can affect our mental wellbeing
- Symptoms and prevalence of common mental health disorders
- How to support mental wellbeing
- Explore support and resources

Target Audience

Anyone interested in learning more about mental wellbeing from an introductory level.

Duration

1 hour.

Delivery method

Online.

Booking Information

Bookable through Eventbrite.



Alcohol and Mental Health

Aim

To enhance participants' understanding of the relationship between alcohol and mental health, equipping them with knowledge to support their own well-being and that of others, while promoting safer drinking practices.

Learning Objectives

- Understand the role of alcohol in Scotland's social life and its relationship with mental health
- Gain knowledge of safe drinking guidelines and the risks of exceeding them
- Recognise the dangers of using alcohol as a coping mechanism for mental health challenges
- Learn how to identify and signpost individuals who may be struggling with alcohol use

Target Audience

This session is ideal for staff across all sectors seeking a basic understanding of alcohol's effects on mental health to better support their own and others' mental well-being.

Duration

1 hour.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.



Alcohol Brief Intervention (ABI)

Aim

To equip participants with the knowledge, skills and confidence to deliver evidence-based alcohol brief interventions (ABIs) effectively, helping to motivate and support individuals to reduce hazardous or harmful alcohol consumption.

Learning Objectives

- Understand the purpose and principles of alcohol brief interventions
- Learn to identify hazardous or harmful alcohol consumption levels in patients and clients
- Gain practical skills to structure and deliver effective, non-confrontational ABI conversations
- Develop confidence in motivating individuals to consider changes in their drinking behaviour
- Recognise the role of ABIs within the wider strategic effort to reduce alcohol-related harm

Target Audience

The training is suitable for health and social care professionals, community workers and anyone in a role where discussing alcohol consumption and its effects is relevant.

Duration

4 hours.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.



Alcohol Brief Intervention (ABI) Refresher Training

Aim

To refresh participants' knowledge, skills and confidence in delivering alcohol brief interventions (ABIs) effectively, ensuring continued competence in motivating individuals to reduce hazardous or harmful alcohol consumption.

Learning Objectives

- Revisit the principles and purpose of alcohol brief interventions
- Enhance their ability to identify hazardous or harmful alcohol consumption levels
- Refine skills for structuring and delivering effective, non-confrontational ABI conversations
- Boost confidence in supporting individuals to consider changes in their drinking behaviour

Target Audience

This refresher session is intended for professionals who have already completed ABI training and wish to refresh their skills and knowledge.

Duration

1 hour.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.

Alcohol and Sleep: Myth vs. Reality

Aim

To dispel myths surrounding alcohol's effects on sleep, enhance understanding of its impact on sleep quality and promote healthier sleep habits.

Learning Objectives

- Understand the common myths regarding alcohol as a sleep aid
- Recognize how alcohol affects the sleep cycle, particularly REM sleep, and contributes to poor sleep quality
- Gain awareness of the long-term impact of alcohol use on sleep and its role in dependence
- Learn strategies to promote healthier sleep habits without reliance on alcohol

Target Audience

This session is ideal for individuals, health professionals and community workers interested in understanding the effects of alcohol on sleep and promoting better sleep habits.

Duration


1 hour.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.



Addressing Stigma and Discrimination in Mental Health and Substance Use

Aim

To enhance understanding of the impact of stigma and discrimination on people who use substances and to identify approaches that challenge stigma and promote inclusive, supportive practices in service delivery.

Learning Objectives

- Describe the impact of stigma on people who use substances, people in treatment or in recovery from substance use
- Recall language which de-stigmatises people affected by substance use
- Describe how stigma and discrimination impact on the quality and effectiveness of service delivery

Target Audience

Drug and Alcohol Staff.

Duration

3 hours.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.



Alcohol Awareness

Aim

To provide participants with the skills, knowledge and confidence to discuss alcohol-related harm, its effects on individuals and society, and to effectively signpost support services.

Learning Objectives

- Gain an enhanced awareness and understanding of alcohol-related issues in Tayside
- Increase knowledge of alcohol's impact on individuals, families and communities
- Develop greater awareness of available interventions and support services
- Build confidence and skills to engage with and support individuals affected by alcohol

Target Audience

This session is suitable for professionals, community workers and volunteers working in health, social care, or support roles, as well as anyone with an interest in understanding alcohol-related issues.

Duration

1 hour.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.



Alcohol and Women's Health

Aim

To enhance participants' understanding of how alcohol uniquely affects women's physical, emotional and long-term health, empowering them to make informed decisions and support others in maintaining a healthy lifestyle.

Learning Objectives

- Understand the physiological effects of alcohol on women, including hormonal imbalances and long-term health risks
- Recognise the emotional and mental health impacts of alcohol consumption on women
- Gain insights into the link between alcohol and chronic diseases prevalent in women
- Learn practical strategies to navigate social norms and prioritise personal well-being while minimising alcohol-related health risks

Target Audience

This training is designed for women, healthcare professionals, educators and anyone interested in understanding the specific effects of alcohol on women's health.

Duration

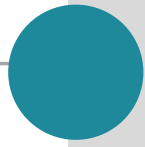
1 hour.

Delivery method

Interactive session delivered in-person or online (depending on participant needs).

Booking Information

Bookable through Eventbrite.



Promoting Resilience

Aim

To support employees, build their personal resilience so that they can cope better with excessive pressure, adverse events and change.

Learning Objectives

- Understand the links between pressure, stress, performance and health
- Measure personal resilience (using a questionnaire providing scores on 8 dimensions of resilience)
- Identify actions you (as an employer/Manager or individual) can take to build employee resilience
- Identify how you can help your employees to build their personal resilience

Target Audience

Anyone interested in learning about resilience.
This course may be especially useful for managers and supervisors of teams.

Duration

3 hours

Delivery method

In person.

Booking Information

Contact team to arrange

Sleep and Mental Health

Aim

The sleep workshop highlights the main sleep factors and introduces participants to 'sleep hygiene' methods. (Studies/references can be supplied).

Learning Objectives

The interactive workshop promotes greater understanding of the function and benefits of sleep and the possible consequences of sleep deprivation.

Participants shall gain increased knowledge of 'sleep hygiene' strategies to maximise the chances of restorative sleep.

Target Audience

Anyone interested in learning more about how sleep can affect our mental health.

Duration


1 hour.

Delivery method

Online.

Booking Information

Bookable through Eventbrite.



Scotland's Mental Health First Aid (SMHFA): Adult

Aim

SMHFA training teaches people to recognise the signs and symptoms of someone with mental health problems, such as depression, anxiety and psychosis, and to help deal with a crisis situation by guiding someone towards professional and other help. This help is given only until other suitable or professional help can be found.

The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

Learning Objectives

- Gain an understanding of mental health problems including depression, anxiety, panic attacks, psychosis, self-harm, drugs and alcohol and suicide
- Learn how to recognise if someone is experiencing a mental health problem
- Learn skills to help a person who is developing a difficulty with their mental health
- Be able to support people to access appropriate help, including both professional support and evidence-based self-help strategies
- Explore the relationship between mental health, mental ill health and other health and related behaviours and lifestyle choices

Target Audience

Anyone who would like to know more about common mental health problems and be equipped to help.

The course should appeal to public and private sector organisations including NHS staff, staff from statutory and voluntary agencies, school staff including teachers and members of the public.

Duration


2 days (minimum 12 hours)

Delivery method

In person.

Booking Information

Register interest/contact the team on the email provided.



Scotland's Mental Health First Aid (SMHFA): Young People

Aim

To preserve life, prevent deterioration of any injury or illness, provide initial help and comfort, prevent the problem getting worse and promote recovery of good mental health

Learning Objectives

- Gain an understanding of mental health problems including depression, anxiety, panic attacks, psychosis, self-harm, drugs and alcohol and suicide
- Learn how to recognise if a young person is experiencing a mental health problem
- Learn skills to provide initial support and help a young person who is developing a difficulty with their mental health problems or distress
- Be able to support people to access appropriate help, including both professional support and evidence-based self-help strategies
- Explore the relationship between mental health, mental ill health and other health-related behaviours and lifestyle choices

Target Audience

Anyone who wants to be a mental health first aider to offer support to young people and professional groups.

From junior to senior level management especially:

- Education staff
- Teaching support and administration staff
- Community and Care home workers
- Health and social care staff including doctors, nurses and social workers
- Voluntary and private business staff etc.,

Duration

14 hours divided over three parts:


1. Online learning
2. Face to Face
3. Online learning and activity

Delivery method

In person.

Booking Information

Register interest/contact the team on the email provided.



Stress Reduction and Control Training for Managers and Supervisors

Aim

Provide participants with increased knowledge on how stress can affect them, assess their current stress producing factors and learn practical methods to combat feelings of stress and anxiety.

Learning Objectives

The training workshop provides participants with increased knowledge and understanding to address stress issues (at both personal and staff levels), with the aim of promoting a more positive, efficient and effective workforce and raise awareness about legal, moral and ethical responsibilities of managers and supervisors.

Target Audience

Those with managerial or supervisory responsibilities or Human Resource and Occupational Health staff.

Duration

2 Hours.

Delivery method

In person.

Booking Information

Register interest/contact the team on the email provided.



Food and Mental Health

Aim

To improve understanding around food, diet and nutrition and it's links to mental health improvement.

Learning Objectives

- Improved understanding and knowledge about the three main elements of food i.e. Carbohydrates, Fats and Proteins
- Improved understanding and knowledge about the role of vitamins and minerals in better mental health and wellbeing
- Improved understanding of the various foods to enhance our immune system and improved physical and mental health

Target Audience

Anyone interested in learning about how food affects our mental health.

Duration

2 Hours.

Delivery method

Online or in person.

Booking Information

Bookable through Eventbrite.



Recovery in Mental Health

Aim

To explore recovery and understand how recovery is both possible and likely in mental health.

Learning Objectives

The recovery session focuses on the agenda that recovery in mental health is likely, possible and is evidence based.

Participants will be able to understand how and why people can recover from the most severe and enduring mental health conditions.

The session takes a preventative medicine approach in dealing with the issue.

Target Audience

Anyone who wants to learn about how recovery can play its role in mental health illness.

Duration

1 Hour.

Delivery method

Online or in person.

Booking Information

Bookable through Eventbrite.



Listening Ear/Communication Skills in Mental Health

Aim

To improve the confidence of staff and service providers in supporting someone in distress.

Learning Objectives

- Understand the components of listening skills
- What the listening ear is and what it is not
- Where and how to get people the help they need
- Improved confidence in supporting someone in a stressful/mental health situation

Target Audience

All staff should be listening skilled.

Duration

1 hour

Delivery method

Online or in person.

Booking Information

Bookable through Eventbrite.

Attitudes in Mental Health: The case of Stigma and Discrimination in Mental Health Training for Trainers (T4T)

Aim

To raise awareness about stigma and discrimination and its impacts on Mental Health (MH)

Learning Objectives

- Improve knowledge about the types of stigma and discrimination in MH, anti-stigma campaigns, Equality Act 2010 and the nine protected characteristics and their conceptual and practical links to mental health
- Understand how stigma and discrimination in mental health could negatively impact mental health and wellbeing
- Improve confidence in delivering stigma and discrimination training to a range of community and professional staff groups

Target Audience

This Training for Trainers (T4T) course is aimed at trainers who are willing to deliver the course in their respective areas of work and/or communities.

The course is for anyone who wants to be more sensitive and learn about how stigma and discrimination negatively affects vulnerable groups and people with mental health problems.

Duration

2 half days.

Delivery method

In person.

Booking Information

Bookable through Eventbrite.

Positive Risk-Taking in Mental Health Care and Support

Aim

'Risk is no longer an excuse to limit people's freedom.' Risk is everyone's business. It is an essential part of everyone's life and for people using services or in care settings, especially those living with the most common or most severe and enduring mental health problems.

Positive risk management is essential to the support they receive from everyone who works with them. Positive risk-taking in mental health is a process which identifies the potential benefit or harm which could result from a particular choice being exercised, reduces the risk of harm and then weighs up the expected benefits against the risk of harm which remains. It is not reckless, it is not negligent dismissal of potential harm, it is a carefully planned strategy for supporting choice.

This training aims to improve managers'/carers' knowledge and build their confidence in taking positive risks to improve life and develop resilience.

Overall aim:

- To learn, understand and improve knowledge of positive risk-taking to support the mental health and well-being of patients/residents.

Purpose:

- To improve health and quality of life by managing risk, increasing confidence, trust, self-efficacy, personal choice, dignity and respect and independent living

Learning Objectives

- To improve knowledge and understanding of positive risk-taking in mental health
- To increase confidence in dealing and managing positive risk-taking in mental health
- To learn and understand the key principles and dos and don'ts of positive risk-taking
- To learn and understand how to take calculated and positive risks while dealing with mental health issues of the residents/patients
- To understand how a framework/process approach can be applied in taking positive risk taking
- To be able to understand, measure and apply the main requirements in positive risk taking to reduce the risks and improve life

Target Audience

Anyone working and involved in caring and supporting people with the most common or most severe and enduring mental health problems including managers, supervisors, workers, hospital doctors, nurses and community workers etc.

Duration

3.5 Hours.

Delivery method

In person.

Booking Information

Register interest/contact the team on the email provided.