Mental and Emotional Wellbeing
Suicide Prevention
Reducing Self-Harm

Northern Area Training Directory

2015 –2016

All courses are funded by Public Health Agency, through Strategies and Northern Area Action Plans.
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Introduction

A range of training and awareness raising courses exist in relation to the issues of mental and emotional health and suicide prevention. This directory aims to highlight those courses which are currently being used in the Northern Locality and are funded by the Public Health Agency through the Northern Area Promoting Mental Health & Suicide Prevention Action Plan to support actions within the Protect Life Strategy.

The directory is divided into 3 areas:

- Mental and Emotional Courses
- Suicide Prevention & Intervention Courses
- Self-Harm courses

Each area is sub-divided into different levels, to help potential participants identify the most appropriate course for their needs.

**Level 1** courses aim to raise awareness of the issue, providing a basic understanding of the issue and information relating to relevant support organisations.

**Level 2** courses aim to increase knowledge of the issue, signs of developing problems and basic steps towards connecting individuals in need of support to appropriate help.

**Level 3** courses aim to build more in-depth knowledge & skills in relation to the issue and how to help/intervene when a person is experiencing an emotional crisis. **Level 3** courses are aimed at practitioners and carer givers, and will use roleplays and group work to build skills and confidence. Participants may find elements of level 2 & 3 courses emotionally challenging due to their content if they have been impacted by mental health or suicide issues themselves. Course providers are happy to discuss these issues with anyone with concerns.
Mental & Emotional Well-being

Level 1 Courses

Level 2 Courses

Mood Matters

“Minding Me” Towards Better Mental Health & Emotional Well-being

Living Life to the Full - Lifeskills Programme

Level 3 Courses

Mental Health First Aid

BOUNCE
Course Description:

This course raises the importance of looking after our mental health, and uses basic Cognitive Behavioural Therapy concepts to teach participants how thinking and behaviour can affect how we feel, physically and emotionally. The course aims to raise awareness of the importance of looking after our mental health and highlights risk factors for and symptoms of stress & depression as well as treatments available and self-help strategies and signposts participants to sources of help. The course includes PowerPoint presentations, group-work & discussion.

Target Group:

This course is relevant to a range of groups and a number of different targeted courses are available:

- Mood Matters in Young People (14 - 18yrs)
- Mood Matters for Adults
- Mood Matters in Pregnancy
- Mood Matters in Later Years

These courses are relevant to anyone including caregivers, individuals experiencing mental health problems, and professionals.

Fee: FREE. A limited number of courses/places are available.

Duration: 1.5hrs

To book places contact:
Andrea Kearns, Education & Training Manager
40-44 Duncairn Gardens, Belfast, BT15 2GG
Tel :+44 (0) 28 9035 7820
Email: andrea@aware-ni.org
Course Description:

This programme aims to help participants understand themselves better and encourage them to become more aware of how to achieve improved Mental Health.

Target Group:

This course is relevant to different professional groups including youth workers, teachers, frontline public sector and voluntary sector workers in a variety of areas, residential support staff as well as members of the general public, carers etc. Adults only.

Fee:  FREE. A limited number of courses / places are available.

Duration: 6 session (x 2 ½ hrs) programme.

Course Delivered by WRDA Facilitators

To book places contact:
Liz Curran
WRDA, 6 Mount Charles, Belfast, BT7 1NZ
Tel: 028 9023 0212
Email: liz.curran@wrda.net
Course Description:

This programme has been developed by Dr Chris Williams, Professor of Psychological Medicine, University of Glasgow, a recognised expert and trainer in cognitive behavioural therapy. The course teaches lifeskills which can be used in everyday life and particularly for those experiencing mild/moderate depression, stress and anxiety.

Target Group:

This course is suitable for those affected by mild/moderate depression and stress and anxiety and is relevant to adults. On some occasions courses have been tailored for young people.

Fee: FREE. A limited number of courses /places are available.

Duration: 6 session (2hrs) programme.

Course Delivered by AWARE Defeat Depression

To book places contact: Andrea Kearns, Education & Training Manager
40-44 Duncairn Gardens, Belfast, BT15 2GG
Tel :+44 (0) 28 9035 7820
Email: andrea@aware-ni.org
Course Description:

This course will help participants to recognise the symptoms of some of the main mental health problems, how to provide initial help to someone with a developing mental health problem or in a mental health crisis, and how to guide a person towards appropriate professional help.

Target Group:

This course is relevant to different professional groups including youth workers, teachers, frontline public sector and voluntary sector workers in a variety of areas, residential support staff as well as members of the general public, carers etc. Adults only.

Fee: FREE. A limited number of courses /places are available.

Duration: 2 Days

Course Delivered by NHSCT or AWARE Defeat Depression facilitators

To book places contact:
Orlágh Brady
NHSCT, Health Improvement & Community Development Service
The Naomi Centre, 2 Cullybackey Road, Ballymena, BT43 5DF
Tel: 028 2563 6601
Email: orlagh.brady@northerntrust.hscni.net
Course Description:

This course teaches participants to promote and support the development of resilience of young people. The training will look at theories relating to resilience and development and provide participants with an opportunity to learn how to use course resource material with young people in a range of settings.

Target Group:

This course is targeted towards practitioners and is of particular use to teachers and college tutors, youth and community workers; social workers; school nurses and practice nurses and those involved in the training of professionals who work with young people.

Fee:  FREE. A limited number of courses /places are available.

Duration: One Day

Course Delivered by NHSCT Facilitators

To book places contact:
Mary-Frances Bell
NHSCT, Health Improvement & Community Development Service
The Naomi Centre, 2 Cullybackey Road, Ballymena, BT43 5DF
Tel: 028 2563 6602
Email: maryfrances.bell@northerntrust.hscni.net
Self-Harm Courses

Level 2 Courses

Bespoke Self-Harm Awareness

Level 3 Courses

Self-Harm & the Intoxicated Client
Understanding Self-Harm

Course Description:

This bespoke course raises understanding around the issue of self-harm and in particular the links between substance use/misuse and self-harming behaviour. The course aims to increase skills and confidence in supporting people at risk of self-harming, and increase knowledge of early indicators of drugs and alcohol related suicide risk.

Target Group:

This training is essential for practitioners coming into contact with at-risk individuals/patients/clients. We prioritise a number of places for GPs and GP Practice Staff. Preference is also given to Community and Youth workers, local Community Mental Health workers, Sports leaders, Church leaders and local teachers from each particular community.

Fee: Free. A limited number of courses /places are available.

Duration: One Day

Course Delivered by ZEST

To book places contact:
Michelle Greer
Causeway Rural and Urban Network (CRUN)
1st Floor, 1-5 Stable Lane, Coleraine, BT52 1DQ
Tel: 028 7034 4934
Email: michelle.greer@crun.org
Suicide Prevention, Intervention & Postvention Courses

Level 1 Courses

SuicideTALK

Level 2 Courses

SafeTALK

Level 3 Courses

Applied Suicide Intervention Skills Training (ASIST)

Supporting Children, Young People & their families Bereaved by Suicide
Suicide TALK

Course Description:

This course is designed to stimulate or build on concern about suicide and is responsive to the learning needs of each organisation/group. All sessions will provide basic information about signs of suicide risk, initial helping steps and signposting information of local and national support services for suicide.

Dare to Stretch can include other themes in this workshop to include:
Community, schools, clubs and workplace approaches to suicide-awareness, Building resilience or themes relevant to your situation

Target Group:

This course is focused on awareness and will be of interest to anyone who would appreciate the opportunity to explore the general issues around suicide and suicide prevention. This course will be of particular value to the community at large. Participants must be aged 15yrs or older - when involving young people you must speak with your trainer in advance.

Fee: Free. A limited number of courses /places are available.

Duration: 2 ½ Hours approx.

Course Delivered by Dare to Stretch

To book places contact:
Aine Wallace, Dare to Stretch
Tel: 079 2186 1104
Email: info@dare2stretch.com or ainewallace@live.com
Course Description:

This course prepares participants to identify persons with thoughts of suicide, provide initial help to keep them safe and connect them to suicide first aid/support resources. This course helps to build knowledge and skills aimed at increasing participants confidence to talk to people about their thoughts around suicide.

Target Group:

This course is focused on prevention and therefore attendance is recommended for all caregivers. This course will be of interest to individuals in the private, community, voluntary, statutory organisations or the general public who will be looking to know how to get involved to support an individual person in relation to suicide in a way that will increase their safety and at the very least will cause no harm. Minimum Age 16yrs.

Fee:  Free.

Duration : 3-5 Hours approx.

Course Providers:

Aine Wallace, Dare to Stretch
Tel: 079 2186 1104
Email: info@dare2stretch.com / ainewallace@live.com

(NEELB Youth Service & NHSCT staff training details overleaf)
SafeTALK contd...

For EANI Youth Service Staff ONLY:

Ursula Meehan  
EANI, Senior Youth Worker  
County Hall, 182 Galgorm Road, Ballymena, BT42 1QB  
Tel: 028 2566 2271  
E-mail: ursula.meehan@eani.org.uk

For NHSCT Staff ONLY:

Geraldine McDonnell  
NHSCT, Health Improvement & Community Development Service  
The Naomi Centre, 2 Cullybackey Road, Ballymena, BT43 5DF  
Tel: 028 2563 6600  
Email: geraldine.mcdonnell@northerntrust.hscni.net
Course Description:

This course aims to help participants to feel more confident and competent when dealing with a person who is at risk of suicide. Participants will learn how to recognise and estimate risk and explore how to intervene to prevent immediate risk of suicide using an internationally recognised model.

Target Group:

This course is relevant to different professional groups including youth workers, teachers, frontline public sector and voluntary sector workers in a variety of areas, residential support staff as well as members of the general public, carers etc. Due to the material covered within this course it is usually not suitable for anyone who has been bereaved by suicide within the last 12 months or anyone who has recently experienced a suicide crisis. Participants must be aged 18 years and over. This course requires participation in role-plays.

Fee: Free. A limited number of courses /places are available

Duration: 2 Consecutive Days

To book places contact:
Orlágh Brady
NHSCT, Health Improvement & Community Development Service
The Naomi Centre, 2 Cullybackey Road, Ballymena, BT43 5DF
Tel: 028 2563 6600
Email: orlagh.brady@northerntrust.hscni.net

Individuals not working with/caring for high risk young people or adults should consider attending SuicideTalk or SafeTalk in advance of ASIST. Anyone with experience of suicide in the last 2 years may find ASIST emotionally challenging due to the course content.
Supporting Children, Young People & Families Bereaved by Suicide  Level 3

Course Description:

This course will give participants the opportunity to understand children and young people’s grief and practical ways of how to care for bereaved children and young people. After the training participants should have information on:

- How children & young people develop and understanding of death including traumatic bereavement through suicide
- Techniques on how to support bereaved children & young people
- Supporting the families’ grief

Target Group:

This is a bespoke training course meeting the needs of a variety of practitioners & groups and will be tailored appropriately. It would be relevant to different professional groups who are in a position of caring for children and young people i.e. teachers, youth workers, social workers, G.P’s and frontline Health Care Professionals. Given the nature of its content, this course would not be suitable for the general public or people who have been recently bereaved.

Fee: Free. A limited number of courses are available for organisations or groups.

Duration: 3hrs minimum

To book places contact:
Michelle Scullion,
Senior Practitioner, Barnardos Bereaved by Suicide Support Project
Tel: 077 9614 8549
Email: michelle.scullion@barnardos.org.uk
Level 4 Training

For details of Training For Trainers Courses in the following areas:

- Mental Health First Aid
- SafeTALK
- Applied Suicide Intervention Skills Training (ASIST)

Please contact:
Helen Gibson
Regional Training Co-ordinator for Mental Emotional Wellbeing & Suicide Prevention
Public Health Agency, Tower Hill, Armagh, BT61 9DR
Tel: 028 3741 4606
Email: Helen.gibson@hscni.net

For details of Training For Trainers Courses in:

- Mood Matters
- Living Life to the Full

Please contact:
Andrea Kearns,
Education & Training Manager, AWARE Defeat Depression
40 - 44 Duncairn Gardens, Belfast, BT15 2GG
Tel: 028 9035 7820
Email: andrea@aware-ni.org
Web: www.aware-ni.org