**Extra Information**

Below is the link to the mental health training mentioned on Saturday:  They’ve added another date in December because the 13th is fully booked.

**Mental Health Awareness Training for Managers and Supervisors**

**18 November (In-Service Day) | 28 November | 13 December**

[**https://learn.aberdeencity.gov.uk/course/view.php?id=300**](https://learn.aberdeencity.gov.uk/course/view.php?id=300)

**Introduction**

This course shares good practice in identifying common mental health problems and making adjustments.

**Who is it for?**

The course is designed for anyone who is responsible for staff and is not wishing to become qualified as a Mental Health First Aider

**Objective:**

To provide guidance on the business case for wellbeing

**Specifications:**

• common mental health problems

• reducing stigma and bias

• applying emotional intelligence

• supporting individuals and teams

• signposting appropriately

• making reasonable adjustments

• self-care and recovery

• the legal context

This MHFA training referred to above has also just been advertised but is a much bigger commitment – 2 full days. However the in-service day in November is part of the first course and the February course covers both in-service days which hopefully makes it more manageable. There are only 8 places for each though so early booking would be essential.  Please be aware this course trains individuals so they are better able to support adults, **not** specifically young people.

**To get signed up, just click on the link to the ACC Learn portal:**

[**https://learn.aberdeencity.gov.uk/course/view.php?id=301**](https://learn.aberdeencity.gov.uk/course/view.php?id=301)

The course does not train people to be mental health workers. It offers basic general information about mental health problems. 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.  
Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found

**The following is a brief outline of what is covered on the course:**  
• guidance on being a Mental Health First Aider  
• attitudes to mental health issues  
• equalities  
• the recovery message  
• the impact of alcohol and drugs on mental health  
• introduction to suicide intervention  
• listening skills  
• understanding depression  
• how to offer first aid to someone experiencing depression  
• understanding anxiety  
• how to offer first aid to someone experiencing anxiety  
• understanding psychosis  
• how to offer first aid to someone experiencing a psychotic episode.