

Talking about mental health



Free one day workshops for staff from across the public sector to demystify mental health and help you make a real difference to people with mental health needs

What is “talking about mental health?”

Everyone has mental health and when you don't have good mental health, it can have a real impact on everything you do.

By giving professionals, like you, the knowledge and confidence to start conversations around mental health, you can better direct people to advice and support, from e-learning materials to support groups.

Directing people to support may help to prevent their mental health worsening, and can reduce distress.



“It is estimated that 1 in 6 people in the past week experienced a common mental health problem.”
www.mentalhealth.org.uk

Who is it for?

Anyone whose daily role brings them into contact with the public, including those who work in:

- Primary care teams
- Secondary care and community teams
- Social workers
- Family workers and parenting practitioners
- Pharmacists and substance misuse workers
- Police and probation officers
- Teachers and school support staff
- Community centre and voluntary staff

What will the course cover?

This one-day workshop will give you the opportunity to learn about and recognise the types of mental health needs that people experience, and how this affects their interaction. It will allow you to make a real difference to the people you work with by helping you to give them the help that they need. It includes:

- An introduction to the impact of mental health needs
- How to recognise different types of mental health needs
- What people experience
- Pathways and help in the eight boroughs in NW London
- How to build trust and rapport
- How to start conversations round mental health
- Setting boundaries for conversations
- Directing people to the help they need
- Being a champion with your colleagues

When is it?

Each course runs from 9:30 - 16:15, in locations across North West London. Lunch will be provided and there is no charge for attendance. You can choose any date from the below:

2017	
July	12, 19
September	6, 13, 20, 27
October	4, 11, 18, 25
November	8, 15, 22, 29
December	6, 13
2018	
Jan	10, 17, 24, 31

Why should I attend?

Learn how to help the people who struggle most when accessing services.

Avoid burnout from daily, difficult interactions with people.

Make a real difference in delivering timely access to mental health support.

Counts towards your CPD hours.

Help meet appraisal targets around developing communication skills and better outcomes.

Book your place

Places fill up quickly, so please book your place ASAP. For bookings and queries please email **contact@lloydparkhouse.com**

The training is being provided free by the North West London Collaboration of CCGs and delivered by Lloyd Park House in association with Making Every Contact Count.

