

# **Mental and Emotional Wellbeing, Suicide Prevention and Reducing Self-Harm**

## **Northern Area Training Directory**

**2018 –2019**

**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 role-plays 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 2 Courses

- ◆ **MINDSET**
- ◆ **Mood Matters**
- ◆ **Living Life to the Full - Lifeskills Programme**
- ◆ **FLOURISH!**
- ◆ **Self Care**

## Level 3 Courses

- ◆ **Mental Health First Aid**

### **Course Description:**

This is a 3.5 hour programme with bespoke sessions to suits Adults and Young People. A minimum of 8 and a maximum of 20 per workshop.

### **Aims:**

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Increase awareness and understanding of signs and symptoms of mental ill-health
- Promote resilience
- Promote self-help techniques on how to maintain positive mental and emotional health and wellbeing
- Disseminate information and / or resources on mental health support organisations available (locally and regionally)
- Promote self-care

**Fee:** FREE providing the host group covers the cost for venue hire and refreshments.

**Duration:** 3.5hrs

### **To book places contact:**

Beth Gibb, Together for You Project Officer (Northern Trust area)  
Action Mental Health

4a Steeple Road, Antrim, BT41 1AF

**Tel :** 077 4041 1105

**Email:** bgibb@amh.org.uk

### **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 highlights risk factors for and symptoms of stress and 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 Parent and Baby
- 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:** 1.5– 2.5hrs depending on group needs

### **To book places contact:**

Catherine McColgan,  
AWARE, 15 Queen Street,  
Derry/Londonderry BT48 7EQ  
**Tel:** 028 7126 0602  
**Email:** catherine@aware-ni.org

Patrick Anderson / Marina McCully  
AWARE, 40-44 Duncairn Gardens  
Belfast BT15 2GG  
**Tel:** 028 9035 7820  
**Email:** Patrick@aware-ni.org /  
marina@aware-ni.org

### **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 life skills 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 (1.5-2hrs) programme.

Course Delivered by AWARE

### **To book places contact:**

Catherine McColgan,  
AWARE, 15 Queen Street,  
Derry/Londonderry BT48 7EQ

**Tel:** 028 7126 0602

**Email:** [catherine@aware-ni.org](mailto:catherine@aware-ni.org)

Patrick Anderson / Marina McCully  
AWARE, 40-44 Duncairn Gardens, Belfast BT15 2GG

**Tel:** 028 9035 7820

**Email:** [Patrick@aware-ni.org](mailto:Patrick@aware-ni.org) / [marina@aware-ni.org](mailto:marina@aware-ni.org)

### **Course Description:**

Flourish! is a partnership between Lighthouse Ireland and Clergy from Churches throughout Northern Ireland. The aim of these training modules is to explore the relationship between the theological understanding of suicide and how this translates into pastoral action.

### **Target Group:**

We invite all clergy, youth workers, lay pastoral workers and staff representatives from Churches of all denominations to attend.

**Fee:** FREE to participant

**Duration:** 1 day

**Course Delivered by:** Flourish Trainers

**To book places contact:**

**Tel:** 028 9075 5070

**Email:** [emily@lighthousecharity.com](mailto:emily@lighthousecharity.com)

[www.wewillflourish.com](http://www.wewillflourish.com)



### **Course Description:**

Through the delivery of this course participants will examine and discuss the concepts of caring, compassion and self-care as well as the nature of stress and anxiety and its impact on the caregiver and client; practice various types of physical relaxation and stress management techniques and consider their current self-care practice and develop a personal plan for self-care moving forward

### **Target Group:**

These sessions are open to anyone living, working or volunteering within the North Antrim and Coleraine Area. Places are limited to 2 per organisation for this training. Full attendance is essential.

**Fee:** FREE – a limited number of courses / places are available

**Duration:** 1 Day

Course Delivered by ZEST

### **For further information on training please contact:**

North Antrim Community Network / Causeway Rural & Urban Network

Amanda Elliot

**Tel:** 028 2177 2100

**Email:** [registration@nacn.org](mailto:registration@nacn.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 facilitators

## **To book places on NHSCT courses contact:**

Niamh Neeson, NHSCT, Health and Wellbeing Team

Tel: 028 2563 6600

Email:

[healthandwellbeing.trainingbookings@northerntrust.hscni.net](mailto:healthandwellbeing.trainingbookings@northerntrust.hscni.net)

## **To book places on AWARE courses contact:**

Catherine McColgan,  
AWARE, 15 Queen Street,  
Derry/Londonderry BT48 7EQ

**Tel:** 028 7126 0602

**Email:** [catherine@aware-ni.org](mailto:catherine@aware-ni.org)

Patrick Anderson / Marina McCully  
AWARE, 40-44 Duncairn Gardens  
Belfast BT15 2GG

**Tel:** 028 9035 7820

**Email:** [Patrick@aware-ni.org](mailto:Patrick@aware-ni.org) /  
[marina@aware-ni.org](mailto:marina@aware-ni.org)

# Self-Harm Courses

## Level 2 Courses

**Bespoke Self-Harm Awareness**

### **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 suitable for a range of groups / practitioners / staff teams and can also be tailored to suit public events. Practitioners can include: GPs, Community & Youth Workers, local Community Mental Health Team Workers, Sports Leaders, Church Leaders and local Teachers from each particular community.

**Fee:** Free.

**Duration:** One Day

Course Delivered by ZEST

### **To book places contact hosting Networks:**

South Antrim Community Network

Janine Gaston

**Tel:** 0258 9447 8645 **E-mail:** [janine@southantrimcommunitynetwork.org](mailto:janine@southantrimcommunitynetwork.org)

Cookstown & Western Shores Area Network

Denise Doherty

**Tel:** 028 7963 4865 **E-mail:** [denise@cwsan.org](mailto:denise@cwsan.org)

# Suicide Prevention, Intervention & Postvention Courses

## Level 1 Courses

**(Connections) Suicide Awareness**

## Level 2 Courses

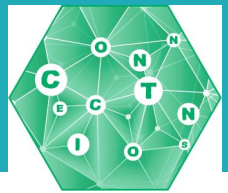
**safeTALK**

## Level 3 Courses

**Applied Suicide Intervention Skills Training (ASIST)**

**Supporting Children, Young People & their Families Bereaved by Suicide**

# Suicide Awareness: Connections for a Life Worth Living Level 1



## **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. Other areas that can be included: exploration of how we can become more supportive, more suicide-aware in communities, schools and workplaces, and explore how we can build resilience – personally and within our organisation or community.

## **Target Group:**

This course is focused on awareness and will be of interest to anyone in a caregiver role and who would appreciate the opportunity to explore the general issues around suicide and suicide prevention. This course will be of particular value to those who 'work with', 'care for' or 'look out for' people in need. Participants must be aged 15yrs or older.

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

**Duration:** 2 ½ Hours approx.

Course Delivered by Fresh Minds Education

## **To book places contact:**

Aine Wallace, Fresh Minds Education

**Tel:** 079 2186 1104

**Email:** [enquiries@freshlittleminds.com](mailto:enquiries@freshlittleminds.com) / [aine@freshlittleminds.com](mailto:aine@freshlittleminds.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. Areas covered include:

- ◆ Picking up on signs
- ◆ Knowing how to ask
- ◆ Knowing how to keep someone safe for now
- ◆ Local resources and support

**Target Group:**

This course is suited to community or sports groups, therapists and health professionals, schools, churches, special interest groups, caregivers and workplaces. This course delivers information and also build skills so that thereafter participants are empowered to support someone in a suicide crisis. Participants must be aged 16 years or older.

**Fee:** Free.

**Duration :** 3-5 hours (or 2.5 hours if a group has already undertaken level 1 awareness course).

**To book places contact:**

Aine Wallace, Fresh Minds Education

**Tel:** 079 2186 1104

**Email:** enquiries@freshlittleminds.com / aine@freshlittleminds.com

***(EANI North Eastern Region Youth Service training details overleaf)***

# safeTALK contd...

## **For Education Authority NI (North Eastern Region) Youth Service Staff ONLY:**

Caroline Karayiannis

EANI Youth Service

Grahamsbridge Road, Dundonald BT16 2HA

**Tel:** 028 9056 6469

**E-mail:** [caroline.karayiannis@eani.org.uk](mailto:caroline.karayiannis@eani.org.uk)



### **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:**

Niamh Neeson NHSCT, Health and Wellbeing Team

**Tel:** 028 2563 6600

### **Email:**

healthandwellbeing.trainingbookings@northerntrust.hscni.net

Aine Wallace, Fresh Minds Education

**Tel:** 079 2186 1104

**Email:** enquiries@freshlittleminds.com/ aine@freshlittleminds.com

**Individuals not working with/caring for high risk young people or adults should consider attending Connections 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 / groups.

**Duration:** 3hrs minimum

## **To find out about any upcoming courses contact:**

Michelle Scullion,

Senior Practitioner, Barnardo's Bereaved by Suicide Support Project

**Tel:** 077 9614 8549

**Email:** [michelle.scullion@barnardos.org.uk](mailto: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 9536 3441

**Email:** Helen.gibson@hscni.net

**For details of Training For Trainers Courses in:**

- ◆ **Mood Matters**
- ◆ **Living Life to the Full**

**Please contact:**

Catherine McColgan,

AWARE, 15 Queen Street, Derry/Londonderry BT48 7EQ

**Tel:** 028 7126 0602

**Email:** catherine@aware-ni.org

Patrick Anderson / Marina McCully

AWARE, 40-44 Duncairn Gardens, Belfast BT15 2GG

**Tel:** 028 9035 7820

**Email:** Patrick@aware-ni.org / marina@aware-ni.org

