

Mental Health Crisis Care Awareness On- line Training



These training sessions are for members of staff who work in **any** health or care setting within Gloucestershire.

This training is funded and supported by the Gloucestershire Mental Health Crisis Concordat and by One Gloucestershire, it is being provided free of charge.

Current Courses available
July 13th & 14th - 4 hours 9am - 1pm
July 27th & 28th - 4 hours 9am - pm



This course is designed to develop mental health crisis care awareness for people from a range of services who provide front line support. It aims to build on experience and knowledge of working with those presenting with mental health problems in crisis.

It will introduce Mental Capacity and improve understanding of the underpinning principles and how it is assessed, including unwise decisions and our perceptions and attitudes to those who appear to have mental health problems and unwise decisions.

The session then looks at what is *mental health* and what is *mental ill health* including the biopsychosocial model. Then a number of disorders and how they might present are examined and how we can all help those who are self harming and/or have suicidal thoughts and behaviours

The course runs over two consecutive half days and will be delivered via Zoom. This is the same course previously delivered face to face but due to current circumstances here is an opportunity to do the same course delivered live on-line.

Please be aware that this course covers an introduction to anxiety, depression, other mental health disorders and discusses self-harm and suicide. This may cause those attending to experience uncomfortable feelings, so please consider delaying attending the course if you think this might cause you difficulties right now

Due to the content and discussions you will need to ensure you are able to undertake to course undisturbed and the content not overheard or seen by others in your household.

**For queries, more information, dates and to book please contact:
Bronwen Williams by e-mail**

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Please note if you have previously attended the full day Mental Health Crisis Care Awareness course you do not need to attend these sessions