



IT'S TIME TO

PRIORITISE

MENTAL HEALTH

TRAINING

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ASIST

**(Applied Suicide Intervention Skills Training)
2 day Course**

ASIST is an interactive workshop in suicide first aid. Participants will learn how to prevent suicide by recognising signs, providing a skilled intervention and developing a safety plan to keep someone alive. ASIST is delivered by two knowledgeable, supportive trainers and participants will develop their skills through supervised observation and role-play.

Facilitator: Oak Healthy Living Centre, Lisnaskea

Target Audience: Anyone over 16 who wants to develop skills in suicide prevention.

Dates and Locations:

St. Columbs Park House,
L'Derry.
Wednesday 16th and Thursday 17th October 2024
9am-5pm, both days.



Omagh Enterprise Centre,
Omagh.
Wednesday 4th and Thursday 5th December 2024
9am-5pm, both days



This course is not suitable for anyone recently bereaved by suicide.

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Bend Don't Break Workshop: Building our Resilience

Central to supporting well-being and resilience are positive thinking skills, support and self-care. This workshop uses the 'Bend Don't Break' self-help guide as a tool for participants to cope with stressful situations and build their own resilience. Participants will be invited to work through the guide at their own pace and the only requirement is that they provide feedback on the benefits of the workshop on their wellbeing.

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Target Audience: Practitioners who want to nurture and develop their personal resilience.

Location: Via Zoom

Dates:

Tuesday 22nd October 2024
10-1pm



Wednesday 13th November 2024
10am-1pm



Tuesday 7th January 2025
10am-1pm



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Connections Link Life

We can deliver training to your group where you work, learn or meet, as long as participants are aged 16+ and there is a minimum of 12 people attending. Participants will leave the course with knowledge of the following topics and the confidence to help others if they need it; life events that can contribute to suicide, stigma and myths surrounding suicide, how to cultivate resilience through emotional health practices and self-care, how to use the Connect 4 Way model to help keep someone safe from suicide and the range of agencies and resources for help and support in your community.

Facilitator: Health Improvement, Equality & Involvement Department (WHSCT)

Target Audience: Anyone in statutory, community and voluntary sectors.

Dates and Location: To request this course please email:

✉ health.improvement@westerntrust.hscni.net

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Digital Safeguarding Core Awareness

This course will focus on the benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children.

The contents will focus on more than just 'e-safety' and will discuss digital safeguarding elements of; promotion of digital literacy, critical thinking skills and resilience, prevention of harm, and protection strategies when harm has occurred.

Facilitator: The Western Digital Safeguarding Steering Group Trainers (WHSCT) and Fermanagh & Omagh Policing and Community Safety Partnership (PCSP)

Target Audience: Practitioners who work with children, young people and vulnerable adults.

Date and Location:

Fermanagh House
Tuesday 22nd October 2024
9:30am-4pm



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Introduction to Positive Intelligence

Positive intelligence is your capacity to manage your thoughts and emotions in a positive way in dealing with life's daily challenges. We can all experience negative thoughts, self-doubts and limiting beliefs that drain our physical and mental energy and hold us back from achieving our potential.

The Positive Intelligence workshop will teach you simple yet highly effective techniques to tame your negative thoughts, activate your positive emotions and make lasting changes.

Facilitator: Helen Quinn, Life Coach

Target Audience: Anyone who would like to improve their wellbeing by increasing their mental fitness.

Dates and Locations:

Recovery College,
Omagh
Wednesday 2nd October 2024
9:30am-12:30pm



Shared Futures Centre,
L'Derry
Tuesday 4th March 2025
9:30am-12:30pm



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Making our Nervous System Work for us: Using the Polyvagal Theory

Participants will increase learning about our nervous system, the role of the Vagus nerve and the Polyvagal Theory. Using an on-line version of the workbook, it will enable participants to use this material with service users and has exercises to help to improve self-regulation. This work is psycho-education to present information and introduce self-help that is up to the participants how they make use of it.

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Target Audience: Anyone who would like to better understand how their mind and body responds to stress and then learn how to control it.

Location: Via Zoom

Dates:

Wednesday 11th December 2024
10am-1pm



Monday 3rd March 2025
10am-1pm



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MANifest: Connecting Men With Mind Fitness

To explore the key issues that impact on men and their mental well-being and understand what works in order to be able to effectively engage with men and signpost them to a range of services.

Facilitator: Health Improvement, Equality & Improvement Department (WHSCT)

Target Audience: Practitioners and service providers (male and female) who work with men in any setting.

Dates and Locations:

Shared Futures Centre,
L'Derry
Wednesday 11th September 2024
9am-5pm



Fermanagh New Horizons,
Enniskillen
Tuesday 5th November 2024
9am-5pm



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Mental Health First Aid

2 Day Course

This course teaches participants how to identify, understand and respond to signs of mental illness and distress. The training gives participants the skills needed to reach out and provide initial help and support. Participants will also receive information on services available to guide a person towards appropriate professional help.

Facilitator: AWARE and Health Improvement, Equality & Improvement Department (WHSCT)

Target Audience: Anyone over 18 who wants to increase their knowledge and skills in providing initial support for someone with a mental health issue.

Dates and Locations:

Old School Canteen, T&F Hospital, Omagh
Monday 9th and Monday 16th September 2024
9:30am-4:30pm, both days



L'Derry area TBC
Thursday 19th and Thursday 26th September 2024
9:30am-4:30pm, both days



Limavady area TBC
Monday 11th and Tuesday 12th November 2024
9:30am-4:30pm, both days



Aisling Centre, Enniskillen
Tuesday 14th and Wednesday 15th January 2025
9:30am-4:30pm, both days



Fermanagh area TBC
Wednesday 26th and Thursday 27th February 2025
9:30am-4:30pm, both days



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SafeTALK

SafeTALK is a certified training programme that prepares identify persons with thoughts of suicide and connect them to suicide first aid resources. The programme will enable participants to; identify the signs for risk of suicide, safely ask someone about suicide, listen to someone who is emotional distress and thinking about suicide, increase safety from the risk of suicide and reflecting on what is expected within their job or volunteer role.

Facilitator: Health Improvement, Equality & Improvement Department (WHSCT)

Target Audience: Anyone over the age of 15.

Dates and Locations:

Roe Valley Arts and Cultural Centre,
Limavady
Tuesday 10th September 2024
10am-1:30pm



Fermanagh New Horizons Centre,
Fermanagh
Wednesday 9th October 2024
10am-1:30pm



Omagh area TBC
Tuesday 19th November 2024
10am-1:30pm



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Rural area courses offered. To request this course in a rural area please email:

health.improvement@westerntrust.hscni.net

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Self-Compassion: Why the way we Talk to Ourselves Matters

Participants will be introduced to; what self-compassion is, the evidence behind it, how to make the most of it and how to integrate it into their everyday life.

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Target Audience: Open to anyone over the age of 18.

Location: Via Zoom

Dates:

Monday 21st October 2024
10am-1pm



Thursday 21st November 2024
10am-1pm



Tuesday 4th February 2025
10am-1pm



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Take 5 Ambassador Training

The training explores the 'Take 5 Steps to Wellbeing' approach, examines the Take 5 toolkit and offers the opportunity for participants to share examples of best practice, learning how they can integrate the Take 5 approach into their future work.

Facilitator: Health Improvement, Equality & Improvement Department (WHSCT)

Target Audience: Anyone over 18 who wants to raise awareness of the 'Take 5 Steps to Wellbeing' in their local community or workplace.

Location: Via Zoom

Dates:

Tuesday 1st October 2024
10am-12pm



Tuesday 12th November 2024
10am-12pm



Tuesday 18th February 2025
10am-12pm



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The Power of Humour: Mental Wellbeing's Secret Weapon

What connects Ruby Wax, Jo Brand, Stephen Fry, Jason Manford and David Walliams? Answer: comedians that have all struggled with their mental health. Contrary to popular belief however, humour is much more than comedians doing stand-up. It is a medium that can address mental health.

Humour is an incredibly powerful tool that practitioners have at their disposal. It's also free, natural, we all possess it, and it promotes health and wellbeing in ways that people barely realise.

It has an innate ability to transform perspective, perception, and possibility and if used effectively, it leads to change and transformation. It has unlimited potential and is arguably the only medium that can address any subject, no matter how difficult or sensitive.

Facilitator: Fergal Barr, Youth Worker & Co-Facilitator, Humour is Serious Business Training Programme

Target Audience: Practitioners working in role that involves supporting those struggling with mental health.

Location: L'Derry venue TBC

Date:

Wednesday 20th November 2024
10am-1pm



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Understanding Bereavement With Suicide

The workshop will examine what is suicide, myths about suicide and grief and how you can survive.

Participants will get a greater understanding of suicide, the bereavement process that follows a suicide and how people deal with that.

Facilitator: Conor McCafferty, ZEST

Target Audience: Professionals who work with self-harming and suicidal clients.

Location: Via Zoom

Date:

Thursday 28th November 2024
9:30am-12:30pm



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Understanding Self-Harm

This workshop explains the situations that led to self-harming behaviours both in childhood and in adulthood. It is based on 30 years of client work with individuals who self-harm or had survived suicidal behaviours. Clients explain how these circumstances led to experiencing certain feelings that then led to the behaviours. It will examine and discuss the continuum of harm as well as the NICE definition. It also examines the impact of alcohol misuse on this behaviour from the depression aspect and why it is so common in our culture as a way of anaesthetising our feelings.

Facilitator: Conor McCafferty, ZEST

Target Audience: Professionals who work with self-harming and suicidal clients.

Location: Via Zoom

Date:

Thursday 17th October 2024
9:30am-12:30pm



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Understanding Self-Harm With Autism

This workshop defines self-harm from the emotional aspect and also looks at the possible physical and/or medical issues that the person may be communicating.

Facilitator: Conor McCafferty, ZEST

Target Audience: Professionals who work with autism and self-harming behaviours.

Location: Via Zoom

Dates:

Thursday 12th December 2024
9:30am-12pm



Thursday 30th January 2025
10am-12:30pm



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