



Training for People Working or Volunteering in Mental Health

As part of a collaborative project with the ICB (Integrated Care Board), we are expanding our provision of training for NHS staff, Social Care staff and Volunteers working in Norfolk and Waveney.

Over the next 6 months, we will be offering a number of different workshops to support the learning and development of public sector workers and volunteers who work with individuals with mental health conditions.

To find out more and if you're eligible to book onto a course please:

Visit: www.norfolkandwaveneymind.org.uk/ics-training

Email: training@norfolkandwaveneymind.org.uk

Call: 0300 330 5488

 **mind** Norfolk and Waveney

Registered charity - No. 1118449

Mental Health Awareness Training

This one-day course aims to spark a conversation about mental health and the impact it has on the world around us. Delegates will also learn about the origins of poor mental health, prompting discussions about how we feel these in our mind, bodies and social positions.

Suitable for: Non-clinical NHS, social care and council staff, VCSE staff.

Location: Online via Zoom, Norwich

Mental Health First Response Training

Expanding on our one-day ‘Mental Health Awareness’ course, Mental Health First Response is a two-day course which incorporates more practical and interpersonal skills. The aim of the course is to develop a delegate’s confidence and ability to support and reassure a person in distress.

Suitable for: Organisational mental health first responders, patient facing (incl. tel) NHS, social care and county council staff, VCSE staff.

Location: Dereham, Norwich, King’s Lynn, Great Yarmouth

Suicide Responders Training

This one-day workshop aims to develop delegates’ understanding of mental health, mental distress and suicide. The workshop will explore why people experience mental distress, the conditions that can cause this to lead to suicidal ideation and someone taking their own life.

Suitable for: NHS, health & social care, voluntary sector and wider public services staff. Those who have regular or intense contact with people experiencing mental distress who are at risk of self-harm or suicide.

Location: Dereham, Norwich, Great Yarmouth

Eating Disorders Training

This one-day course looks at common eating disorders and the behaviours and thought processes associated with them. Delegates will learn how to spot the signs of an eating disorder, as well as practical skills to confidently and sensitively support someone who is affected.

Suitable for: NHS, health & social care, voluntary sector and wider public services staff, who have regular and intense contact with people who have eating disorders

Location: Dereham, Norwich, King’s Lynn, Great Yarmouth