




# Mental Health and Wellbeing Training

**Delivering excellence in mental health education.**

 **Mind** Tameside, Oldham and Glossop

# Why **train** with **TOG**?

At Tameside, Oldham and Glossop Mind, we believe in better mental health for all. We're a local, independent charity and we're here to support you.

Any profit we make from training is **invested back into our charity** to enable us to continue to provide and develop our services for young people and adults at a time when they are needed more than ever.



Ready-made training courses to support your workplace wellbeing strategy



Accredited training courses available to be delivered online or face-to-face



Tailor-made training bespoke to your organisation's needs



Open courses for individuals to attend in person at our TOG Mind training sites

## What else is included?

### TOG Mind Award

Each organisation who completes a readymade or bespoke training course with Tameside, Oldham & Glossop Mind will receive a TOG Mind digital award which can be added to your email signature or website, which showcases your support and commitment to improving employee mental health.

You will also be provided with certificates for all attendees.



**The course helped me to recognise in myself and others when mental health is not at its best, and what to do about it.**





# Ready-Made Courses

## Supporting Mental Health

**Half-Day - £1200 / Full-Day - £2000**

- Mental Health Awareness & Conditions
- Signs & Symptoms
- Stigma & Discrimination
- De-escalation
- Having Challenging Conversations
- Resilience
- Signposting
- Improving Staff Wellbeing & Self-care



## Mental Health Awareness and Conditions

**1 - 2 Hour Course - From: £400**

- Mental health awareness and conditions
- Signs and symptoms
- Stigma and support
- Self-care and wellbeing



## Managing Stress in the Workplace

**Half-Day - £1200 / Full-Day - £2000**

- Mental health awareness & conditions
- Signs & symptoms
- Resilience
- Challenging negative thoughts
- Thriving at work
- Goal setting
- Coping strategies & self-care



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**Really interesting, and I learned a lot about different ways to help support myself and those around me.**

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## Youth Mental Health Awareness

### Full-Day Course - £2000

- Mental health awareness & conditions
- Signs & symptoms
- Factors
- De-escalation
- Self-harm & eating disorders
- Difficult conversations
- Signposting
- Self-care & wellbeing



## Suicide Prevention

### 3 Hour Course - From: £900

- Understanding suicide
- Identifying signs & protective factors
- Having the conversation & safety planning
- Signposting & self-care

# Tailor-Made Courses

(time range flexible) - From: £500 - £3000

### Bespoke Training can include:

*Any of the topics found above and on previous page.*

- |                                       |   |
|---------------------------------------|---|
| • Pupil assemblies (inc. exam stress) | • Signposting                                 |
| • De-escalation strategies            | • Goal setting                                |
| • Motivational coaching               | • Supporting students                         |
| • Communication skills                | • Handling distressed customers               |
| • Active listening                    | • Parents supporting children's mental health |
| • Self-harm                           | • Eating disorders                            |
| • Suicide awareness                   |   |

*If there are any topics not mentioned, these can be discussed by getting in touch with us.*

**For some of our courses we may be able to offer a discount for non-profit or educational organisations.**

**Please get in touch to discuss this further.**



# Accredited Courses

**Mental Health First Aid** teaches people to spot the signs of mental health issues and how to guide a person towards support. The course won't teach you how to be a therapist, but it will teach you how to respond in a crisis and how to reach out before a crisis happens.

*The prices below have been calculated for up to 10 - 16 participants.*

## Adult Mental Health First Aid (Accredited Course)

Our adults course is designed to be delivered to anyone working with those over the age of 18. This is the perfect in house training course for workplaces or community groups, as well as being a great course for individual's who would like to learn more about their own mental health.

## 2-Day Course Cost: £3800



## Youth Mental Health First Aid (Accredited Course)

Our youth course covers all the same content as the adult course but with updated activities, statistics and resources relevant to those who work with, or parent, anyone under the age of 18. A fantastic course for schools, colleges, children's homes and social workers alike.

## 2-Day Course Cost: £3800



## Mental Health First Aid Refresh

Just like a physical first aid course, it is recommended that you update your knowledge on Mental Health First Aid every three years. This is a half day course designed to refresh learning as well as offer any updates to practice to keep you working safely.

## Half-Day Course Cost: £2200



# Open Courses

## Courses for Individuals - From: £35 per person

Individuals can attend any of our open courses, here at our Ashton office. All of our open courses are available to book through Eventbrite. Once your payment is accepted, your place will be confirmed.

All of our courses in this brochure are available to book on to via the link below, or on Eventbrite directly.

Learn more about our extensive course catalogue by visiting Eventbrite.

Please click here to view or scan the QR Code.



People's mental health is spoken about all the time nowadays so some guidance and understanding was incredibly useful.





# Education Sector

With staff & student mental health, wellness and wellbeing being at the forefront of positive working environments and increased productivity, it's no wonder schools are looking to take advantage of our non-profitable costings for all Mental Health, Wellness and Wellbeing training.

Teacher burnout is having a significant impact on the increased rise of teachers leaving the profession due to stress and other mental health conditions, there is no better time to support and invest in your staff to ensure they feel valued in their roles.

TOG MIND are offering schools and colleges extensive options for delivered training courses and workshops which we believe that your staff, students, and school would benefit from.

We can offer bespoke packages or any of our training mentioned in this brochure, delivered in any of the following ways:

- **Staff CPD sessions (Inset days & Twilight hours)**
- **Student assemblies**
- **Workshops**

Partnered with our funded Children, Young People & Families (CYPF) service, we can provide a **FREE** 20 minute assembly or workshop with every training session booked. We also offer 10% discount off all our prices for education provisions.



## Is the Menopause on your Mind?

Menopause doesn't just affect the body. Local Minds working in partnership to offer **FREE** training to raise awareness and to support women through the menopause.

**We can help.** We are offering menopause training and support across Greater Manchester, with courses in:

- **Mindfulness, Meditation & Relaxation**
- **Workplace Support**
- **Culturally Appropriate Awareness**



For more information email us at [menopauseproject@togmind.org](mailto:menopauseproject@togmind.org).

## Connect 5



The Connect 5 programme is a series of mental health training modules designed to help people have better mental wellbeing conversations in the workplace. The training is underpinned by the 'five ways to mental wellbeing' and evidence-based theory.

Connect 5 is ideal for anyone who works or volunteers in a public facing role.

### How does it work?

There are three modules all of which build on each other. Each module lasts three hours. You can choose to progress through the modules depending on the requirements of your role.

For more information email us at [training@togmind.org](mailto:training@togmind.org).

# Glossary of Terms

## **Mental Health Awareness**

Understanding and recognising mental health conditions and issues.

## **Mental Health Conditions**

Different types of mental health disorders and conditions, such as depression, anxiety, schizophrenia, and bipolar disorder.

## **Signs & Symptoms**

Recognisable indicators and behavioural cues that may suggest the presence of a mental health condition.

## **Stigma & Discrimination**

Prejudice and negative attitudes towards individuals with mental health challenges, leading to unfair treatment and exclusion.

## **Having Challenging Conversations**

The skill of engaging in open, honest, and empathetic dialogues with individuals facing mental health challenges or sensitive issues.

## **De-escalation**

Techniques and strategies for calming potentially volatile situations and reducing emotional distress.

## **Resilience**

The ability to bounce back from adversity and maintain mental well-being in the face of stress and difficult circumstances.

## **Signposting**

Providing information and guidance to individuals seeking help or support, directing them to appropriate resources or services.

## **Improving Staff Wellbeing & Self-Care**

Strategies to enhance the mental health and overall well-being of employees, including self-care practices.

## **Active Listening / Communication Skills**

The art of fully engaging in a conversation, showing empathy, and understanding through attentive listening and effective communication.

## **Peer Support**

Assistance and encouragement provided by individuals with similar experiences or challenges, offering emotional and practical support.

## **EDI Facts to Be Aware Of**

Understanding and promoting Equity, Diversity, and Inclusion (EDI) principles, and the relevance of these factors in mental health awareness and support.

## **Keeping Safe & Boundaries**

Establishing and maintaining appropriate limits in interactions with individuals facing mental health challenges, ensuring safety for all parties involved.

## **Challenging Negative Thoughts**

Techniques for identifying and combating negative or distorted thought patterns that can contribute to mental health issues.

## **Thriving at Work**

Strategies for creating a positive and supportive work environment that promotes employee well-being and productivity.

## **Coping Strategies & Self-Care**

Methods and practices for managing stress, maintaining mental health, and promoting overall self-care.

## **Factors**

Contributing elements, such as genetics, environment, and life experiences, that can influence mental health.

## **Self-Harm & Eating Disorders**

Harmful behaviours, like cutting or binge eating, and their relationship to mental health, as well as strategies for addressing them.

## **Suicide**

The act of intentionally taking one's own life, and the importance of recognising warning signs and providing support.



**The course reiterated that mental health is just as important as physical health and should be no longer a taboo subject.**





## Interested in training with us?

Get in touch and start your next learning journey.



: [togmind.org/training](https://togmind.org/training)



: [training@togmind.org](mailto:training@togmind.org)



: 0161 330 9223



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