

# NEW

## Mental Health Advocacy



### Mental Health Advocacy course, accredited by CPD UK

**Our two-day course** is delivered by experienced clinicians and accredited by CPD UK, the two-day course will equip delegates with the skills necessary to provide mental health support in the workplace, creating a positive mental health culture and reduce mental health problems at work.

**Our one-day fast-track course** is designed for delegates who have previously completed a two-day course through a different provider and want to become an accredited Mental Health Advocate. Completing this course allows delegates to build on their existing knowledge and ensure that they have the skills and confidence to recognise and respond to the signs and symptoms of common mental health conditions.

#### A new approach - expertly delivered



Our Mental Health Advocacy course has been **accredited** and qualifies for CPD points, 10 hours for the 2 day course and 6 hours for the one day course.



Delegates have access to a **dedicated helpline** for two years after the training to help them provide the best possible support to their colleagues.



Unlike other providers our course is designed and delivered by **experienced clinicians**.



We focus on **common mental health conditions**: this means you will be better at supporting a larger proportion of the workforce.



Our training is **highly competitive in price** and offers fantastic value for money. One day price of **£125**. Two day price of **£250**.



We use gamification, breakout rooms and several case studies to ensure a **highly interactive** and **enjoyable** course.



**COVID-19 has impacted us all**. We recognise this and explore its impact on mental health.



We focus heavily on the **boundaries** and **limitations** of the role, and teach **advocates to look after their own wellbeing**.

# Mental Health Advocacy

## Course description

Vita Health Group's new Mental Health Advocacy webinar provides delegates with the skills and confidence to recognise and positively respond to the signs and symptoms of common mental health conditions and effectively guide a person towards the right support. Delegates will learn to listen, reassure and react positively even in a crisis situation. What's more, they will learn how to spot the things in the workplace that might contribute to mental ill health, understand their boundaries and limitations, and how to look after their own wellbeing when trying to support others.

## Topics covered

- ✔ What is mental health; how common are mental health problems; and the impact of COVID-19
- ✔ The stigma of mental health in society and at work and how these need to be challenged.
- ✔ Proactive strategies that create a positive mental health culture and reduce mental health problems at work
- ✔ Exploring stress and its link with other physical and mental health problems
- ✔ Recognising, understanding and learning how to support someone with stress, depression, anxiety and eating disorders
- ✔ Understanding suicide and self-harm and learning how to risk assess and effectively manage a crisis situation
- ✔ How to start a conversation, empathetically engage and use active listening skills to support someone who may be struggling with their mental health.
- ✔ Recognising where to signpost people to for additional support
- ✔ Understanding the role and boundaries of being a mental health advocate
- ✔ How to look after your own wellbeing and understanding the strain that supporting others can have on you
- ✔ Several practical case studies to help develop the skills of being a mental health advocate and consolidate learning.

## Who should attend

- ✔ Our one day course is suitable for employees and managers that have already completed a 2-day mental health training course.
- ✔ Delegates must be 16 or older to attend this course and be able to communicate in English.
- ✔ Please be aware that some of the topics covered in this course are sensitive, and some people may find the content distressing, such as suicide or self-harm. If a delegate feels overwhelmed, they may leave the course at any time. If you are unsure whether yourself or another delegate may be suitable for this course, please contact us before making a booking.

## Certification

Our course is accredited by CPD UK. Delegates will receive a certificate upon completion of the course.



## Post course support

Delegates will have access to a dedicated 'Mental Health Advocacy' helpline for 2 years after they complete the course. This is available between 9am and 6pm Monday to Friday and provides free 1-1 support and guidance.

## Need more details?

 0333 222 0710

 [wellness@vhg.co.uk](mailto:wellness@vhg.co.uk)