

World Suicide Prevention &
World Mental Health Day 2023

Free Training To Support Your Mental Health



www.mindingyourhead.info

Lifeline

0808 808 8000

Creating Hope
Through Action



STRESS CONTROL

Duration: Six Sessions

The PHA funds free programmes that teach skills and techniques for managing stress. Topics include exploring what stress is; controlling your body; controlling your thoughts; controlling your actions; managing panicky feelings; getting a good night's sleep and planning for the future.

[Click here for more information.](#)

MINDSET ADULT

Mindset Adult is funded by the PHA and facilitated by Action Mental Health. The course is available people aged 18yrs+. This 3 hour course will raise your awareness and increase your knowledge and understanding of mental and emotional health and wellbeing.

[Click here for more information.](#)

MINDSET ADOLESCENT

Mindset Adult is funded by the PHA and facilitated by Action Mental Health. The course is available for people aged 14yrs-17yrs. This 3 hour course will raise your awareness and increase your knowledge and understanding of mental and emotional health and wellbeing.

[Click here for more information.](#)

LIVING LIFE TO THE FULL

Duration: Six Week Programme

The course uses a Cognitive Behavioural Therapy (CBT) approach to illustrate how events and situations in our lives can affect how we think, feel and behave.

[Click here for more information.](#)



MOOD MATTERS

Duration: 2.5 Hours

The course gives participants the knowledge and skills to maintain good mental and emotional wellbeing and build resilience to deal with life's challenges.

[Click here for more information.](#)

RECOVERY COLLEGES

There is a Recovery College in each Trust area that offers free courses and workshops to support people to better understand and manage their mental and emotional wellbeing. All courses are written and delivered by people with lived experience of mental health issues in partnership with those who have professional knowledge and experience. The free courses are open to everyone who is interested in good mental and emotional wellbeing.

[Click here for more information.](#)

ZERO SUICIDE ALLIANCE TRAINING

Duration: 20 Minutes

This short course aims to increase participant's awareness of the signs to look for when someone is thinking about suicide. It provides guidance on talking to someone to signpost them to support services.

[Click here to take the course.](#)

SAFETALK (Suicide alertness for everyone Tell, Ask, Listen, KeepSafe)

Duration: 3.5 Hours

Participants learn how to provide practical help to persons with thoughts of suicide. When someone uses TALK (Talk, Ask, Listen and KeepSafe) they activate a suicide alert.

[Click here for more information.](#)



PSYCHOLOGICAL FIRST AID

Duration: 3 Hours

Psychological first aid is a simple, yet powerful way of helping someone in distress during and after a crisis like the COVID-19 pandemic. It involves paying attention to the person's reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs.

[Click here to take the course.](#)

MENTAL HEALTH FIRST AID (ADULT)

Mental Health First Aid is the help provided to a person developing a mental health problem or who is in a mental health crisis. The first aid is given until appropriate professional treatment is received or until the crisis resolves. MHFA is available online. MHFA teaches participants:

[Click here for more information.](#)

- how to recognise the symptoms of mental health problems
- how to approach and provide initial help
- how to go about guiding a person towards appropriate professional help

For more information about free mental health and suicide prevention training visit your local HSC Trust training brochure.

Western Health and Social Care Trust

[Click here to view the training.](#)

Northern Health and Social Care Trust

[Click here to view the training.](#)

Southern Health and Social Care Trust

[Click here to view the training.](#)

South Eastern Health and Social Care Trust

[Click here to view the training.](#)

Belfast Health and Social Care Trust

[Click here to view the training.](#)

Lifeline

0808 808 8000

Lifeline is Northern Ireland's crisis response helpline for people experiencing distress or despair. Lifeline is available 24 hours a day, 7 days a week, every day of the year www.lifelinehelpline.info