



Do you have a development need, knowledge gap or want to learn a new skill that would help you to address health issues as part of your role?

Our learning opportunities are designed to meet your needs.

Whether you'd like to find the right approach to mitigating health inequalities in areas such as alcohol and drugs, healthy weight or suicide prevention – or if you want to understand more about preventing health inequalities – learning with NHS Health Scotland will give you the confidence to take the right action within your own area of work.

Our trainers are all highly experienced and carefully quality-assured. Our resources are developed with experts from across Scotland's learning, healthcare and third sectors. Many of our learning resources can be used flexibly to fit around you.

Best of all, most of our training is **free**.

So take a look at what's on offer and contact us if you'd like to sign up or find out more. For each course we'll tell you who it's suitable for, what you'll learn, how you'll learn it and how much time you'll need to complete it.

If you're not sure what to choose, contact us for some friendly advice: **[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)**

We're here to provide workers and volunteers in the NHS, wider public sector, private and third sectors across Scotland with the knowledge and skills to help tackle a range of health inequalities issues.

We're looking forward to learning with you soon!

**NHS Health Scotland's Learning and Workforce  
Development Team**

We are a national Health Board working with public, private and third sectors to reduce health inequalities and improve health.

# welcome to our learning brochure



## Need more support?

We also offer a free bespoke consultancy service to focus on reducing health inequalities, tailored to meet the needs of public, private and third sector organisations and local authorities. If you'd like support, please get in touch:

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

→ get started now

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confidence  
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**'The learning experience was extremely positive. The whole ethos and approach of the trainers was invaluable... it inspired confidence in myself as a participant and helped me think about how I would translate what I had learned at a local level through my own training. When putting things into practice, we received some very positive feedback on relevance, impact and learning for others in relation to attitudes and inspiring others to make a difference.'**

Nichola Sewell, NHS Borders

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**An extra learning resource for trainers looking for new skills.**

Creating imaginative learning for trainers

# everyone is welcome to learn with us online!

NHS Health Scotland's virtual learning environment (VLE) is free and easy to access for everyone. It has lots of eLearning modules, event information and forums.

If you can access the internet, you can access our VLE... Simply register for an account and start exploring the opportunities available.

- Lots of our eLearning modules and forums are open for everyone to join – it just takes a click to enrol and get started.
- Other VLE resources are connected to the face-to-face courses we offer and will only be available when you've enrolled on the full course. If you're interested in any of these, just click on your chosen subject to find out more.
- Trainers will find all the materials they need to run and manage their courses on our VLE.
- Managers and coordinators of services will find areas to collaborate with each other, as well as links to policy documents and briefing papers.
- If you come to our events then you'll discover that we often share presentations, information, DVD clips and post-event analysis via the VLE – helping to keep your email inbox free of large files.

**There's so much to explore and learn online – why not come and visit us at:  
<http://elearning.healthscotland.com>**



## **Make a difference to people's health.**

Health inequalities are the unfair differences in health between groups within society. These learning opportunities will raise your awareness of health inequalities and give you the confidence to take actions to tackle inequalities.



**Improving health: Developing effective practice**

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**Improving health: Developing effective practice – Training for trainers**

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**play@home: Training for trainers**

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**Public services: Health inequalities masterclass**

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**Putting people at the centre**

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**Healthy young lives**

Note: the times shown for each course are a guide.

# health inequalities

## Improving health: Developing effective practice

blended learning

**150** hours

**Group workshops** 20    **Directed study** 30  
**eLearning** 15    **Private study** 85



This course is accredited by Robert Gordon University with 15 points available at SCQF Level 9 for learners who successfully pass the optional assessment.

### Is this course for me?

Anyone with a role or interest in improving health or taking action to reduce health inequalities would benefit from this course. This course is for all occupational groups within the public, voluntary and third sectors who have a responsibility for health improvement as part of their role.

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

### What will I learn?

- an overview of current models of health
- an analysis of health improvement and health inequalities
- the wider, socio-political influences on population health outcomes
- what works to reduce health inequalities
- delivering effective, continuously-improved services to individuals and communities
- making use of personal reflection to apply learning in the workplace

## Improving health: Developing effective practice – Training for trainers

face-to-face  
workshop

**3** days

**New and improved for 2015** – the IH:DEP course (and training for trainers) has been revised to offer up-to-date content and an even better focus on reducing health inequalities.

### Is this course for me?

If you've successfully completed the Improving health: Developing effective practice blended course and you have experience in health improvement, promotion or inequalities, then becoming an IH:DEP trainer could be your next step.

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

### What will I learn?

- refresh the knowledge gained as a participant on IH:DEP
- the skills needed to deliver the course as a trainer
- the skills to support participants through the formal academic assignment

## play@home: Training for trainers

face-to-face

1

day

*'Overall the workshop was excellent. I enjoyed the activity-based learning and got a resources pack, which will be useful while delivering future training.'*

### Is this course for me?

We welcome participants from all sectors, such as health, local authority, education and family support, community/voluntary and play. Trainers will have a role in promoting the benefits of play, which encourages children to develop strong relationships and confidence in communication and social interaction.

[nhs.HealthScotland-playathome@nhs.net](mailto:nhs.HealthScotland-playathome@nhs.net)

### What will I learn?

- learn how to raise the issue of play
- linking theory to practice and understand where play fits with current policies
- think about how you can develop partnership approaches with colleagues and other agencies
- consider health inequalities and how play@home can be adapted to meet the needs of individual families

## Public services: Health inequalities masterclass

face-to-face  
workshop

1-3

hours

**New for 2015** – this course can be tailored to meet the specific needs of your team or organisation.

### Is this course for me?

If you're a Non-Executive Director, Chair of a local Health Board, contributing to Health and Social Care Partnerships or an elected member in a local council, then this course will be of benefit to you.

[nhs.HealthScotland-LWDTTeam@nhs.net](mailto:nhs.HealthScotland-LWDTTeam@nhs.net)

### What will I learn?

- what health inequalities are, what causes them and what the priority actions are
- the evidence on what works (and what doesn't) to reduce health inequalities
- the collective contribution from NHS Boards and Community Planning Partnerships to tackle health inequalities
- how to undo, prevent or mitigate health inequalities through the work of Non-Executive Directors, Chairs of a local Health Board or elected members

## Putting people at the centre

eLearning

1

hour

A foundation course on the importance of equality, human rights and social justice in achieving fairness within health and social care.

### Is this course for me?

Anyone working within health and social care would benefit from this course. Everyone working in health and social care has a role in helping equality, human rights and social justice shape the way we do our work.

<http://elearning.healthscotland.com>

### What will I learn?

- the importance of equality, human rights and social justice in providing health and social care
- the main types of discrimination
- the main causes of inequalities and what can be done to promote equality by you and your organisation

## Healthy young lives

face-to-face  
workshop

3.5

hours

A foundation workshop for improving health and reducing inequalities for young people through social care, youth work and community learning and development.

### Is this course for me?

This course has been designed specifically for anyone (at any level) working with vulnerable children and young people, such as youth workers, social care staff and community learning and development staff.

[nhs.HealthScotland-YouthHealth@nhs.net](mailto:nhs.HealthScotland-YouthHealth@nhs.net)

→ You may also be interested in...  
Scotland's mental health first aid:  
young people – see page 31.

### What will I learn?

- the main factors that influence the health and wellbeing of young people
- how to improve the health of young people using strategies and approaches to promote healthy behaviours and lifestyles
- how your own practice can influence the health and wellbeing of young people
- approaches you can adopt, as part of your own practice, to improve health and wellbeing

## Help people make positive changes.

These learning resources will give you the tools to tackle specific health issues, helping people make healthier choices.



**Health behaviour change: Level 1**

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**Health behaviour change: Level 2**

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**Raising the issue of alcohol**

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**Raising the issue of child healthy weight**

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**Raising the issue of maternal and infant nutrition**

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**Raising the issue of physical activity**

---

**Raising the issue of smoking**

---

**Alcohol brief intervention**

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**Health behaviour change: Level 1 – session plans for trainers**

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**Health behaviour change: Level 2 – session plans for trainers**

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Note: the times shown for each course are a guide.

healthy behaviours

## Health behaviour change: Level 1

eLearning

2

hours

Napier University's Bachelor of Nursing (Adult) programme: 'We have found this very helpful in preparing students for their second year theory where they learn more about assessing health, health-related behaviour and behaviour change theory.'

### Is this course for me?

If you have a role in promoting health behaviour change (for example, about smoking, alcohol, physical activity, healthy weight or healthy diet) or an interest in improving the health of patients or clients through your work then you'll benefit from this course.

<http://elearning.healthscotland.com>

### What will I learn?

- gain knowledge of health behaviour change techniques
- examine the relationship between health behaviours and health outcomes
- how to raise and discuss lifestyle issues with confidence
- the importance of good communication and relationship-building with patients/clients

## Health behaviour change: Level 2

eLearning

3

hours

Napier University encourages its students to access our eLearning on health behaviours and supporting change.

'I feel that by completing the HBC package, I am now able to focus on the attributes needed to empower an individual to make health behaviour changes.'

### Is this course for me?

This more in-depth training in behaviour change is designed for anyone with a role in supporting patients or clients in making lifestyle changes (concerning smoking, alcohol, physical activity, healthy weight or healthy diet) to improve their health, going beyond the level of knowledge and skill required to raise the issue initially.

<http://elearning.healthscotland.com>

### What will I learn?

- gain in-depth knowledge of health behaviour change techniques
- examine the relationship between public health, health behaviour change and health inequalities
- how to discuss lifestyle issues more fully, supporting individuals through the process of change

## Raising the issue of alcohol

eLearning

2

hours

'The module was interesting and engaging with an opportunity to put the theory into practice with the scenarios.'

### Is this course for me?

If you have a role in identifying or raising the issue of alcohol with patients or clients through your work then you'll benefit from this course.

<http://elearning.healthscotland.com>

→ You may also be interested in...  
Alcohol brief intervention – see page 17.

### What will I learn?

- develop knowledge of the impact alcohol has on individuals, families and communities
- explore the role that frontline staff can play in tackling these issues with patients or clients in an appropriate way

## Raising the issue of child healthy weight

eLearning

3

hours

'I found this very useful and thought it was pitched at a good level for many different professionals who come into contact with children and families.'

### Is this course for me?

If you have a role in identifying or raising the issue of child healthy weight with patients or clients through your work then you'll benefit from this course.

<http://elearning.healthscotland.com>

→ You may also be interested in...  
Raising the issue of maternal and infant nutrition – see page 16.

### What will I learn?

- develop knowledge of the increasingly common problem of children and young people being overweight or obese
- explore the role that frontline staff can play in tackling these issues appropriately with patients/clients and their families

## Raising the issue of maternal and infant nutrition

eLearning

3

hours

'The NHS Health Scotland e-learning modules are an excellent resource to assist in continuing professional development.'

### Is this course for me?

If you have a role in identifying or raising the issue of maternal and infant nutrition with patients or clients through your work then you'll benefit from this course.

<http://elearning.healthscotland.com>

→ You may also be interested in...

Alcohol brief intervention – see page 17.

### What will I learn?

- develop knowledge of the latest guidance on this topic (*Improving Maternal and Infant Nutrition: A Framework for Action* and the *Refreshed Framework for Maternity Care Services*)
- explore the role that frontline staff can play in raising the issue with patients or clients and their families in an appropriate way

## Raising the issue of physical activity

eLearning

2

hours

'I have picked up on excellent evidence and facts that I can pass on to my patients in the hopes of promoting physical activity.'

### Is this course for me?

If you have a role in identifying or raising the issue of physical activity with patients or clients through your work then you'll benefit from this course.

<http://elearning.healthscotland.com>

### What will I learn?

- increase knowledge of the health-enhancing benefits of physical activity
- explore the issues of understanding, motivation and confidence that patients or clients may experience with this topic
- explore the role that frontline staff can play in raising the issue with patients or clients and their families in an appropriate way

## Raising the issue of smoking

eLearning

2

hours

'This module has been very helpful and informative.'

### Is this course for me?

This training is relevant to any workforce that comes into contact with patients or clients who smoke.

<http://elearning.healthscotland.com>

### What will I learn?

- increase knowledge of the issues around smoking and health
- explore the levels of understanding, motivation and confidence that patients or clients may experience
- understand the role that specialist cessation services can play in helping smokers to quit
- learn the basics of conducting a brief intervention with a smoker

## Alcohol brief intervention

blended learning

10

hours

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

### Is this course for me?

This course has been designed for practitioners and health care professionals working in the priority settings of primary care, A&E and antenatal care.

### What will I learn?

- introduces the current national policy on alcohol brief interventions
- explains the rationale and evidence base for this approach
- explores the different screening tools available to professionals for assessing alcohol consumption
- practical exercises to increase skills and confidence in delivering an alcohol brief intervention

## Health behaviour change: Level 1 – session plans for trainers

training materials

1

day

This course can be tailored to meet your organisation's needs. Visit <http://elearning.healthscotland.com> to find out more.

### Is this course for me?

If you're an experienced trainer within the area of health improvement, these training materials will give you the tools to deliver face-to-face sessions to individuals who will raise the issue of health behaviour changes and refer patients or clients to specialist services.

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

### What will I learn?

- everything you need to tailor sessions on health behaviour change to suit the needs of specific audiences and settings
- how to refresh and build on the knowledge already gained by participants in eLearning (all materials are fully referenced and evidence-informed)
- how to make best use of resources including PowerPoint slides, session templates, activities and handouts

## Health behaviour change: Level 2 – session plans for trainers

training materials

1

day

This course can be tailored to meet your organisation's needs. Visit <http://elearning.healthscotland.com> to find out more.

### Is this course for me?

If you're an experienced trainer within the area of health improvement, these training materials will give you the tools to deliver face-to-face sessions to individuals who perform brief advice and brief interventions in a motivational interviewing style.

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

### What will I learn?

- everything you need to tailor sessions on health behaviour change to suit the needs of specific audiences and settings
- how to refresh and build on the knowledge gained by participants in eLearning
- how to make best use of resources including PowerPoint slides, session templates, activities and handouts

## **A healthy workforce is a productive one.**

Create a safer, healthier and more motivated workforce. All kinds of businesses can benefit from our practical (and free!) information and advice.



**Driving risks at work**

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**Mentally healthy workplace training**

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**Mentally healthy workplace:  
In-house support network**

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**Drugs and alcohol in the workplace**

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**Violence and aggression in the  
workplace**

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**Health risks at work**

Note: the times shown for each course are a guide.

health in the workplace

## Driving risks at work

eLearning

2

hours

[adviceline@nhs.net](mailto:adviceline@nhs.net) or call Adviceline on 0800 019 2211

### Is this course for me?

Any employee or manager who is required to drive as part of their role will benefit from this training.

→ **You may also be interested in...**  
Health risks at work – see page 22.

### What will I learn?

- awareness of the risks of driving for work, based on a toolkit developed by the Scottish Occupational Road Safety Alliance (ScORSA)
- up-to-date health and safety information and guidance for drivers

## Mentally healthy workplace training

eLearning

1

hour

(or blended learning for managers)

[adviceline@nhs.net](mailto:adviceline@nhs.net) or call Adviceline on 0800 019 2211

### Is this course for me?

This course is designed to provide employees and managers with an understanding of the impact that mental health and wellbeing has in the workplace. It also forms blended learning for managers. This course can help your business to achieve the Healthy Working Lives Award.

→ **You may also be interested in...**  
Drugs and alcohol in the workplace – see page 21.

### What will I learn?

- increases knowledge of the issues around mental health in the workplace
- up-to-date guidance on ways to support staff experiencing a mental health problem, in line with legal requirements

## Mentally healthy workplace: In-house support network

### network and support forum

[adviceline@nhs.net](mailto:adviceline@nhs.net) or call Adviceline on 0800 019 2211

#### Is this network for me?

This network and support forum is for businesses and organisations delivering the Mentally healthy workplace training to their workforce. Access to this learning area is restricted to people who have completed the training for trainers process.

#### What will I get from the network?

- a central point of storage for training materials and resources to support you to deliver the training to your workforce
- a forum to share experiences and learning with others delivering the training

## Drugs and alcohol in the workplace

### eLearning

(or blended learning for managers)



[adviceline@nhs.net](mailto:adviceline@nhs.net) or call Adviceline on 0800 019 2211

#### Is this course for me?

This course will be of interest to any employee or manager who wants to better understand the impact that alcohol and drugs can have on a business. It may be especially beneficial to anyone with a role in the health of people in their workplace.

#### What will I learn?

- increases knowledge of the impact of alcohol and drugs on a workplace, whether to the individual or to the business (such as productivity, absenteeism or injury)
- the wider effects that alcohol and drugs can have on individuals, their families and society
- the benefits to a business in taking action to reduce alcohol and drug-related harm in their workforce

## Violence and aggression in the workplace

eLearning

2

hours

[adviceline@nhs.net](mailto:adviceline@nhs.net) or call Adviceline on 0800 019 2211

### Is this course for me?

Any employee or manager with responsibility for the health and safety of people in their workplace will benefit from this training. It's particularly relevant to employers, line managers and anyone working with customers or clients.

### What will I learn?

- increases knowledge and awareness of the issues around violence and aggression in the workplace
- up-to-date guidance on an employer's responsibilities on this issue, in line with legal requirements
- practical information on how hazards can be safely controlled in the workplace

## Health risks at work

eLearning

1-2

hours

New for 2015 – email [adviceline@nhs.net](mailto:adviceline@nhs.net) or call Adviceline on 0800 019 2211

### Is this course for me?

Anyone with an interest in how exposure to common hazards can affect employee health will benefit from this training.

### What will I learn?

- increases knowledge and awareness of the management of health risks in the workplace
- up-to-date guidance on an employer's responsibilities on this issue, in line with legal requirements
- practical information on how to identify and manage workplace risks to health

## Talking about suicide can save lives.

Our range of suicide prevention courses raise awareness and teach practical skills that will help you to support a person with thoughts of suicide.



### safeTALK

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safeTALK: Training for trainers

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STORM: Skills-based Training on Risk Management

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STORM: Training for trainers

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ASIST: Applied Suicide Intervention Skills Training

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ASIST: Training for trainers

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### suicideTALK

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Note: the times shown for each course are a guide.

suicide prevention

## safeTALK

face-to-face

3

hours

‘The training was very informative and eye opening as to how many people are affected by suicide and need our help.’

### Is this course for me?

This short course has been designed for anyone who wants to learn how to give practical help to a person thinking of suicide.

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)

→ You may also be interested in...  
suicideTALK – see page 27.

### What will I learn?

- learn how to recognise when somebody may have thoughts of suicide
- practise asking open and direct questions to a person who may be thinking of suicide
- get information on local resources and sources of support

## safeTALK: Training for trainers

blended learning

2

days

1–2 days of face-to-face and self-directed study.

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)

### Is this course for me?

Anyone who has completed safeTALK and is interested in developing skills in training others in suicide awareness can become a safeTALK trainer. Contact us to find out if you meet the criteria, which includes the ability to identify and source opportunities to deliver training.

→ You may also be interested in...ASIST: Training for trainers – see page 26.  
STORM: Training for trainers – see page 25.

### What will I learn?

- refresh your knowledge of the information and skills in safeTALK training
- develop the skills needed to deliver safeTALK as a trainer

## STORM: Skills-based Training on Risk Management

face-to-face

2

days

Two training packages are available: for staff working with adults or staff working with children and young adults.

### Are these courses for me?

These modular courses have been designed for frontline workers in health, social and criminal justice services to learn how to give practical help to a person thinking of suicide.

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)

### What will I learn?

- develop the skills needed to assess and manage a person at risk of suicide
- practise problem-solving techniques and how to prepare crisis prevention plans

## STORM: Training for trainers

face-to-face

4

days

Two training for trainers packages are available: for staff working with adults or staff working with children and young adults.

### Are these courses for me?

If you've completed the two-day STORM course, are able to talk openly about suicide and have experience of delivering training, contact us to find out more about the STORM: Training for trainers course.

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)

### What will I learn?

- refresh your knowledge of the information and skills gained in STORM training
- develop the skills needed to deliver the course as a trainer
- gain the confidence to facilitate a group as they practise ways to assess and manage a person at risk of suicide

## ASIST: Applied Suicide Intervention Skills Training

face-to-face

2

days

'I would advise anyone to give it a go because I learned a lot about how to help someone who is suicidal.'

### Is this course for me?

This course has been designed for anyone who wants to learn in more depth how to give practical help to a person thinking of suicide.

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)

### What will I learn?

- develop your skills in being ready, willing and able to recognise when somebody may have thoughts of suicide
- practise ways to intervene effectively and remove the immediate threat of suicide
- get information on local resources and sources of support

## ASIST: Training for trainers

face-to-face

5

days

'Excellent set of skills, extremely valuable.'

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)

### Is this course for me?

If you have experience of supporting people with thoughts of suicide, have completed the two-day ASIST course and are an experienced facilitator then becoming an ASIST trainer could be your next step. This course is residential. Contact us to find out more.

### What will I learn?

- refresh your knowledge and skills gained in the ASIST course
- develop the skills needed to deliver the course as a trainer
- gain confidence managing a group as they practise ways to support someone with thoughts of suicide

→ You may also be interested in...**STORM:**  
Training for trainers – see page 25.  
**safeTALK:** Training for trainers – see page 24.

suicideTALK

face-to-face

3

hours

'Informative, clear and concise.'

'Useful, interesting, thought engaging.'

### Is this course for me?

Anyone within a group or community who would like to become more suicide aware would benefit from this course.

### What will I learn?

- explore the fundamental issues around attitudes to suicide in society
- clarify your own beliefs about suicide

[www.chooselife.net/Training/index.aspx](http://www.chooselife.net/Training/index.aspx)



## **Anyone can experience a mental health crisis.**

The SMHFA face-to-face learning sessions have been designed to teach anyone the steps and skills to offer support to an adult or young person experiencing feelings of distress.



**Scotland's mental health first aid**

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**Scotland's mental health first aid –  
Training for trainers**

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**Scotland's mental health first aid:  
young people**

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**Scotland's mental health first aid:  
young people – Training for trainers**

Note: the times shown for each course are a guide.

Scotland's mental health first aid  
(SMHFA)

## Scotland's mental health first aid

face-to-face

12

hours

'This training course was excellent, relevant and exciting.'

A list of upcoming courses can be found here:

[www.smhfa.com](http://www.smhfa.com)

### Is this course for me?

This course has been designed for anyone who works with and supports adults who may be at risk of mental health problems. This includes police officers, nurses, community workers, employment agency staff and family members.

[www.smhfa.com](http://www.smhfa.com)

#### → You may also be interested in...

Skills-based Training on Risk Management (STORM) for suicide prevention – see page 25.

### What will I learn?

- learn how to recognise the signs of mental health problems or distress
- practise asking about mental distress in the most appropriate way
- gain confidence in guiding a person in crisis towards further sources of immediate help
- get information on additional support and advice for you

## Scotland's mental health first aid – Training for trainers

face-to-face

5

days

[www.smhfa.com](http://www.smhfa.com)

### Is this course for me?

If you've completed SMHFA within the past 12 months and you're an experienced trainer/facilitator then becoming a SMHFA trainer could be your next step. Contact us to find out if you meet the training criteria, which includes the ability to identify and source opportunities to deliver training.

### What will I learn?

- refresh your knowledge of the information and skills in SMHFA training
- develop the skills needed to deliver the course as a trainer (over 3 development days and 2 skills practice days)
- gain confidence in acting as a facilitator for a group as they practise ways to intervene effectively to support a person in crisis

## Scotland's mental health first aid: young people

blended learning

14

hours

Face-to-face	7
Directed study	7

'Very informative and enjoyable. I feel ready to put it into practice!'

### Is this course for me?

This course has been designed for anyone who works with and supports young people aged 11–17 who may be at risk of mental health problems. This includes teachers, youth workers, sports/dance/drama coaches, social workers, parents and others assisting young people across a variety of settings.

[www.smhfa.com/youngpeople](http://www.smhfa.com/youngpeople)

→ A list of upcoming courses can be found here: [www.smhfa.com/youngpeople](http://www.smhfa.com/youngpeople)

### What will I learn?

- learn how to recognise the signs of mental health problems or distress
- practise asking about mental distress in the most appropriate way
- gain confidence in guiding a young person in crisis towards further sources of immediate help
- get information on additional support and advice for you

## Scotland's mental health first aid: young people – Training for trainers

blended learning

3

days

**New for 2015** – be one of the first to sign up and share SMHFA:YP training across Scotland.

[www.smhfa.com/youngpeople](http://www.smhfa.com/youngpeople)

### Is this course for me?

If you've completed SMHFA:YP within the past 12 months and you're an experienced in training/facilitating adults who work with young people then becoming a SMHFA:YP trainer could be your next step. Contact us to find out if you meet the criteria, which includes the ability to identify and source opportunities to deliver training.

### What will I learn?

- refresh your knowledge of the information and skills in SMHFA:YP training
- develop the skills needed to deliver the course as a trainer (with development and skills practice days)
- gain confidence in acting as a facilitator for a group as they practise ways to intervene effectively to support a person in crisis

**new skills,  
new me!**

## **Why did you choose Scotland's mental health first aid: young people?**

Understanding young people's mental health and providing the best support possible is crucial to my role as a community worker. I am passionate about working with young people to increase their understanding of their own mental health and I felt that the course provides a great platform of knowledge to aid this.

## **How did you find the learning experience?**

I thoroughly enjoyed the training for trainers. It was excellent – without doubt one of the best and most effective courses I have attended in my career. It was filled with information relevant to the subject matter and associated key issues. Whilst learning through excellent delivery, we also had the opportunity to develop our own skills individually in a supportive and safe environment.

## **What have you been able to put into practice so far?**

I've had the pleasure of putting it into action by delivering the SMHFA:YP course and through engagement with young people. The training has had a direct impact on how I engage with a young person about their mental health. I feel better equipped and able to respond more effectively and have knowledge of the wide resources available to young people for support.

## **How have you shared your learning?**

I have shared my learning with my colleagues through delivering the training. Also, at our team meetings, I have had the opportunity to discuss the key elements of SMHFA:YP training. We are now exploring how we can roll it out to all core staff and key partner agencies.

## **What's next for you and your workplace?**

Within East Renfrewshire we have delivered the training to all full-time Community Learning Development staff and some core part-time sessional staff. The future goal is to roll out the training to all key partner agencies working with young people from education, social work, employment and housing.

**Suzie Smith, East Renfrewshire Council**



## Is it time to try something new?

If you're a new or experienced trainer and you're looking for opportunities to develop or improve your training skills then this might be just what you need.



### Creating imaginative learning for trainers

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Note: the times shown for each course are a guide.

and finally...

## Creating imaginative learning for trainers

face-to-face



'If you are a trainer, this is the best way you could spend three days!'

### Is this course for me?

This course would benefit any new or experienced trainer who is looking for ways to improve their training practice in imaginative ways. It is open to trainers with a role in improving health or reducing health inequalities.

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)

### What will I learn?

- explore current theories of learning and practice in a rich, multi-sensory learning environment
- understand the importance of your own state of mind during training, and that of the groups you work with, and how to influence it
- discover a wide range of tools available that you can use immediately to create even more imaginative learning in your work
- practise designing (or re-designing) a learning intervention using creative techniques
- develop tools and activities to apply your learning to the work you do with confidence

## Trainer development opportunities

Recent trainer development opportunities have included workshops for trainers in health inequalities, blended learning and making training fairer. These themes will be at the core of trainer development this coming year. Watch this space!

[nhs.HealthScotland-LWDTeam@nhs.net](mailto:nhs.HealthScotland-LWDTeam@nhs.net)



**new skills,  
new me!**

### **Why did you choose Creating imaginative learning?**

I chose the course because I have been training for a good number of years but always like to refresh my practice and look for new ways of thinking and I heard good things about the Creating imaginative learning course.

I always think it is good to meet with other trainers to share experience and knowledge and this seemed the ideal setting to do this especially as it was a three-day course.

### **How did you find the learning experience?**

The experience was invigorating, challenging and fun.

### **What have you been able to put into practice so far?**

I have already put things into practice and have shared a mini-session with my team.

### **What's next for you and your workplace?**

The next step is improving the set up process for the training we deliver.

**Trish Dunlop, North Ayrshire Council**

