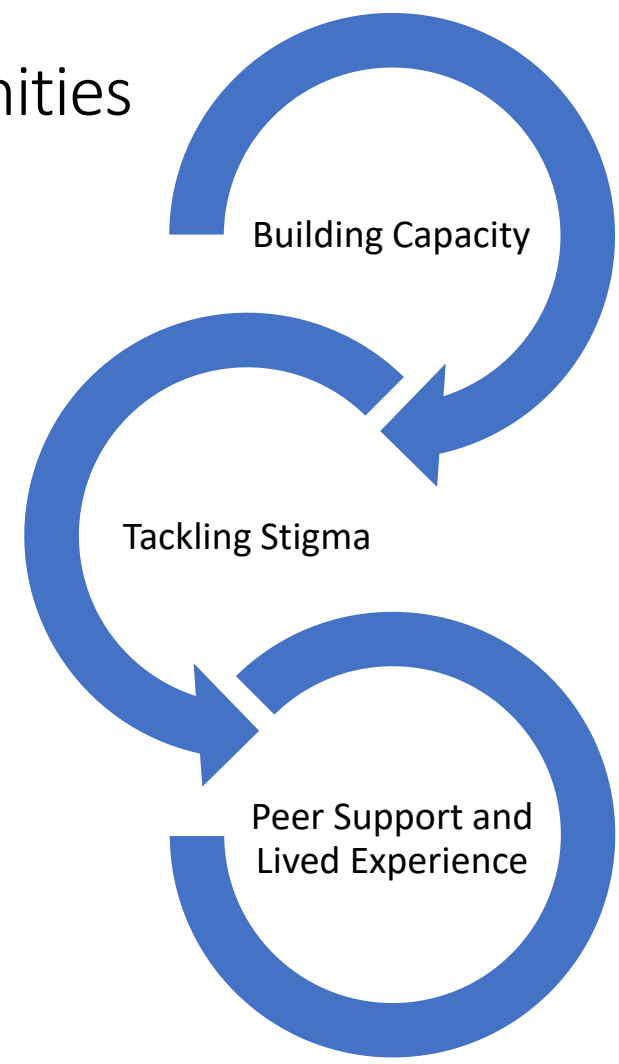


Mental Health and Wellbeing Learning and Development Opportunities (2023)

Public Health  
Torbay Council



## Introduction

Learning and Development opportunities listed are aligned against the mental health continuum. Please note, some will cover more than one area of the mental health continuum (e.g., coping and struggling).

The majority of opportunities listed are here to help those working with others learn more about mental health and wellbeing, however, some opportunities will support the mental health and wellbeing of the course participant themselves. When working with others, we need to recognise we also have mental health and wellbeing needs and what you find below may also help you support yourself so you can then better support others.

The opportunities you find below include e-learning, face to face learning (virtual and in person) as well as resources to support you. Some of the courses will be free of charge and can be completed at your own pace (e.g., e-learning provided by Health Education England or MindEd); others will have been funded by public health or another statutory organisation and must be completed during a set time frame (e.g., Connect 5 or 4MH Community Suicide Awareness). Some courses – particularly those that are face to face, and in person, will require payment (e.g., Mental Health First Aid or ASIST).

Hyperlinks to courses are provided on page X where more detail may be required. Where courses are local and require a different means for sign up, these have been included in Table X on page X.

Courses will aim to tackle the stigma surrounding mental health and build your capacity to support the mental health of others. Some courses will help to support your own mental health with some linking to and/or providing peer support and lived experience throughout.

Please be aware that these courses can include topics which some people may find distressing, including content related to suicide and self-harm. If at any point you feel overwhelmed, either inform the trainer or pause any online learning. We would encourage you to speak to someone at this point e.g., a friend, family member, colleague or line manager.

## Overview of courses

Key	Delivery model:	e	e-learning	F2F	Face to Face	B	Blended
	Costs:	F	Free	£F	Funded	£	Costs apply
	Colour coding below will enable you to link the course to the section of the mental continuum:						
Healthy		Coping		Struggling		Unwell	
Course Name (Hyperlink)				Delivery	Cost	Course level	For those working with:
<a href="#">Understanding Depression and Low Mood in YP (Young People)</a>				e	F	Introductory	Young People
<a href="#">Social and Emotional Development: Supporting Teenage Wellbeing</a>				e	F	Introductory	Young People
<a href="#">Mindful Wellbeing for Teachers with Stress and Anxiety</a>				e	F	Introductory	School age C&YP
<a href="#">Self Care and Wellbeing: A Practical Guide for Health and Social Care.</a>				e	F	Introductory	Self-care
<a href="#">Wellbeing and Resilience at Work</a>				e	F	Introductory	Self-care
<a href="#">Mental Health in Construction</a>				e	F	Introductory	Adults
<a href="#">The science of wellbeing</a>				e	F	Introductory	Self-care
<a href="#">Mindfulness and Wellbeing: Living with Balance and Ease</a>				e	F	Introductory	Self-care
<a href="#">Build Personal Resilience</a>				e	F	Introductory	Self-care and others
<a href="#">Mind ed (provides a variety of courses)</a>				e	F	Introductory	Children and Young People
<a href="#">Emotional Resilience – 4MH</a>				e or F2F	£F	Introductory	Self – 13 years plus
<a href="#">Trauma Informed Practice Level 1 (learningpool.com)</a>				e	F	Introductory	C&YP / Adults
<a href="#">Make Every Contact Count (MECC)</a>				e or F2F	£F	Introductory	Adults
<a href="#">Managing Mental Health and Stress</a>				e	F	Introductory	Adults in the workplace
<a href="#">Youth Mental Health: Supporting Young People Using a Trauma Informed Approach</a>				e	F	Introductory	Young people
<a href="#">Self-Harm Awareness (Children and Young People)</a>				e	F	Introductory	Children & young people
<a href="#">Personalised Conversations: Health Coaching Skills 1</a>				F2f		Intermediate	Young people & adults

<u>Connect 5 (mental health and well being)</u>	F2F	£F	Introductory	16 years plus
<u>HOPE Programme</u>	F2F	F	Course related	Self-care
<u>Body Image and Mental Health in Young People</u>	e	F	Intermediate	Young People
<u>Psychological First Aid: Supporting Children and Young People</u>	e	F	Introductory	Children & young people
<u>Psychological First Aid</u>	e	F	Introductory	Adults
<u>Devon Recovery Learning Community – range of courses</u>	B	F	Course related	Self-care
<u>BeWell@StepOne – range of courses</u>	B	F	Course related	Adults
<u>Suicide Awareness (options available)</u>	e	F	Introductory	16 years plus
<u>We Need to Talk About Suicide</u>	e	F	Intermediate	Adults
<u>Mental Health First Aid</u>	e or F2F	£	Advanced	Adults
<u>Mental Health First Aider Qualification</u>	e or F2F	£	Advanced	Adults
<u>START (Suicide prevention)</u>	e	£	Introductory	15 years plus
<u>SafeTALK (Suicide prevention)</u>	F2F	£	Introductory	15 years plus
<u>Bereavement and Loss</u>	F2F	£	Introductory	Adults
<u>BarberTalk Lite (Suicide prevention)</u>	e	£F	Introductory	Young people & adults
<u>Community Suicide Awareness - 4MH</u>	e or F2F	£F	Introductory	Young people & adults
<u>Suicide First Aid</u>	F2F	£	Intermediate	Adults
<u>Suicide First Aid Lite</u>	F2F	£	Introductory	Adults
<u>Five Steps to Suicide Awareness</u>	F2F	£	Introductory	Adults
<u>Applied Suicide Intervention Skills Training (ASIST)</u>	F2F	£	Advanced	Adults
<u>BarberTalk</u>	F2F	£	Introductory	Young people & adults
<u>ASK</u>	B	£	Intermediate	5-14 years

## Course Content Chart

Universal

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
Future Learn	<a href="#">Understanding Depression and Low Mood in Young People</a>	Free if completed within set timeframe	Those working with teenagers	<ul style="list-style-type: none"> <li>• Understand the key signs and symptoms of adolescent depression and how it may present itself</li> <li>• Identify how depression differs from low mood and other 'normal' mood fluctuations in teenagers</li> <li>• Describe key environmental and lifestyle factors which may contribute to depression in teenagers</li> <li>• Discuss what teenagers and carers can do to promote a healthier lifestyle within the family</li> <li>• Understand how a psychological approach can help us to better understand depression</li> <li>• Understand CBT (Cognitive Behavioural Therapy) and other key strategies that can be helpful for low mood</li> <li>• Identify how patterns of behaviour and thinking can contribute to depression in teenagers and how these can be addressed in therapy</li> </ul>	University of Reading	3 hours per week for 5 weeks	Introductory	Healthy	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>Discuss the importance of good communication when supporting teenagers with depression, both within families and between families and other agencies such as schools</li> <li>Summarise how and why breakdowns in communication occur and how to resolve these</li> </ul>					
Future Learn	<a href="#">Social and Emotional Development: Supporting Teenage Wellbeing</a>	Free if completed within set timescales	Those working with teenagers.	<ul style="list-style-type: none"> <li>Describe developmental differences of adolescent brains.</li> <li>Explain psychological factors that affect the behaviour and attitudes of teenagers.</li> <li>Assess the ways in which social and cultural influences affect wellbeing in teenagers.</li> <li>Reflect on attitudes towards teenagers and how this may affect their engagement.</li> <li>Demonstrate an awareness of approaches that can be used to improve communication and engagement with teenagers.</li> </ul>	University of Lincoln	2 hours per week for 4 weeks	Introductory	Healthy	Online
Future Learn	<a href="#">Mindful wellbeing for Teachers with Stress and Anxiety</a>	Free if completed within set timescales	Teachers and teaching staff	<ul style="list-style-type: none"> <li>Apply mindfulness to address stress and anxiety</li> <li>Develop mindfulness practices to support reduced anxiety and stress</li> </ul>	University of Aberdeen	4 hours per week for 4 weeks	Introductory	Healthy	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>Describe the evidence base and neurobiology underpinning mindfulness</li> <li>Develop reflective journaling techniques</li> </ul>					
Future Learn	<a href="#">Self-care and wellbeing: A practical guide for health and social care</a>	Free if completed within set timescales	Health and social care staff	<ul style="list-style-type: none"> <li>Reflect on the omnipresence and ubiquity of cumulative trauma and crisis events in healthcare</li> <li>Apply the current and evolving principles of mindful and compassionate self-care in practice</li> <li>Practise different forms of self-care as required to meet sensitively each stage of traumatic experiences</li> </ul>	University of Edinburgh and Royal College of Physicians of Edinburgh	2 hours per week for 3 weeks	Introductory	Healthy	Online
Future Learn	<a href="#">Wellbeing and resilience at work</a>	Free if completed within set timescales	Those working in the digital workplace	<ul style="list-style-type: none"> <li>Identify the key features of resilience</li> <li>Assess the techniques for growing your resilience</li> <li>Develop a plan to improve your resilience</li> <li>Identify the key features of personal adaptability</li> <li>Assess your adaptability and develop a plan to improve it</li> <li>Demonstrate your ability to adapt</li> </ul>	University of Leeds and Institute of Coding	3 hours per week for 2 weeks	Introductory	Healthy	Online
Future Learn	<a href="#">Mental health in Construction</a>	Free if completed within set timescales	Those working in the construction industry AND their families and friends.	<ul style="list-style-type: none"> <li>Demonstrate an understanding of Mental Health and its definition</li> <li>Identify the links between physical and mental health</li> </ul>	CIOB Academy	1 hour per week for 3 weeks	Introductory	Healthy	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>Identify the signs and symptoms of common mental health issues</li> <li>Apply recognised tools and techniques to improve your mental health and support others</li> <li>Demonstrate awareness of the impact of mental health issues on the construction industry</li> </ul>					
<b>Coursera</b>	<a href="#">The Science of Wellbeing</a>	Free	All adults	<ul style="list-style-type: none"> <li>In this course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.</li> </ul>	Yale	19 hours		Healthy	Online
<b>Coursera</b>	<a href="#">Mindfulness and Wellbeing: Living with Balance and Ease</a>	Free	All adults	<ul style="list-style-type: none"> <li>Complete the course above first.</li> <li>Increase capacity for attentional control, sustained focus and presence.</li> <li>Concepts and practices that deepen the understanding of the mind/body connection,</li> </ul>	RICE	19 hours to complete	Introductory	Healthy	Online



Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<p>and highlights ways that the body is a direct portal to presence.</p> <ul style="list-style-type: none"> <li>• Cultivate compassion for self and others</li> </ul>					
<b>Coursera</b>	<a href="#">Build Personal Resilience</a>	Free	All working adults (workplace-based content)	<ul style="list-style-type: none"> <li>• Critically evaluate the nature of work stress and approaches to manage stress.</li> <li>• Reflect on personal sources of stress in the extent of personal resilience.</li> <li>• Apply strategies and skills for enhancing resilience to a variety of situations when managing yourself and others</li> </ul>	Macquarie University	17 hours	Introductory	Healthy	Online
<b>Mind Ed</b>	<a href="#">Various courses available</a>	Free	Dependent on individual course	<p>Courses cover:</p> <ul style="list-style-type: none"> <li>• Suicide</li> <li>• Clinical management of the major presentations in CAMHS (Child and Adolescent Mental Health Services)</li> <li>• Managing the mental health of children and young people with heightened vulnerability</li> <li>• Impact of culture and religion on child mental health</li> <li>• Assessment: multi-systemic enquiry</li> <li>• Digital Media and Young People</li> <li>• Core Values of IAPT</li> <li>• Participation and Collaboration</li> </ul>	e-learning for Healthcare	Dependent on module	Introductory - specialist	Healthy - Unwell	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>• Routine Outcome Measurements and Evidence-Based Practice</li> <li>• Adapting Therapies within CYP (Children and Young People) IAPT</li> <li>• Core Models of CYP IAPT</li> <li>• Parent Training for Behaviour Problems</li> <li>• Systemic Family Practice for Conduct Disorders</li> <li>• Leadership Training</li> <li>• ACAMH (Association for Child and Adolescent Mental Health) Transformation Training</li> <li>• Universal and Specialist Audience</li> <li>• For Specialist Attendees</li> </ul>					
<b>4Mental Health Approved Trainers (Pete's Dragons/ for course information)</b>	<a href="#">Emotional Resilience</a>	Fully Funded	Self-care	<ul style="list-style-type: none"> <li>• Suitable for the public, including children over the age of 13, health and social care practitioners and professionals</li> <li>• Enhances delegates' emotional literacy</li> <li>• Challenges stigma around emotional distress and tackles barriers to help-seeking</li> <li>• Uses 'watercourse analogy' to help delegates understand different levels of distress</li> </ul>	4MH	3 hours	Introductory	Healthy	Online delivery

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>• Shares effective self-help strategies suitable for different levels of distress</li> <li>• Uses the 'sunflower analogy' to help delegates understand wellbeing and resilience</li> <li>• Shares practical ways to develop and maintain emotional wellbeing and promotes the importance of this</li> <li>• Equips delegates to have a greater emotional literacy and know how to enhance their resilience (not mental toughness)</li> <li>• Equips delegates with positive ways to cope with stress or emotional distress, to develop a personal plan to build their wellbeing and know where to access further support if they ever need help in the future.</li> <li>• Equips the delegate with the knowledge of how to use StayingSafe.net to make their own Safety Plan</li> </ul>					
<b>i-learn Torbay<sup>1</sup> (NHS Scotland)</b>	<a href="#">Trauma Informed Practice Level 1</a>	No cost to i-learn account holders	All practitioners	<ul style="list-style-type: none"> <li>• Module 1 is aimed at those who work with adults - including parents and carers.</li> </ul>	NHS Scotland	1-2 hours	Introductory	Healthy	e-learning

<sup>1</sup> i-learn can be accessed by all Torbay Council staff and anyone working with a Torbay child, young person or their parent / carer.

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>• Module 2 is aimed at those who work with Children and Young People</li> <li>• Module 3 is aimed at all members of the workforce.</li> <li>• The outcomes from this training are that:</li> <li>• The widespread occurrence and nature of trauma is realised</li> <li>• The different ways in which trauma can affect people are recognised.</li> <li>• People affected by trauma are supported to recover and avoid unnecessary or unhelpful 're-traumatisation' and trauma related distress.</li> <li>• Workers are well supported when responding to trauma.</li> </ul>					
<b>Your Health Torbay</b>	<a href="#">Make Every Contact Count</a>	Fully Funded by Public Health	All those working with members of the public – even if brief interactions.	<ul style="list-style-type: none"> <li>• explains the principles of MECC.</li> <li>• It covers local services that help people to:</li> <li>• stop smoking</li> <li>• maintain a healthy weight</li> <li>• reduce alcohol related harm</li> <li>• improve their mental health and wellbeing</li> </ul>	Public Health (OHID (Office for Health Improvement and Disparities))	Three hours	Introductory	Healthy - Coping	TBC

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
Future Learn	<a href="#">Manging Mental Health and Stress</a>	Free if completed within set timescales	Those who will find out more about the link between work related stress and mental health problems.	<ul style="list-style-type: none"> <li>• Discuss the definitions of mental health and stress</li> <li>• Identify the signs of stress and poor mental health at work</li> <li>• Explore the cost of mental health problems and workplace stress, and the impact on individuals</li> <li>• Evaluate current models of stress</li> <li>• Explore interventions to combat mental health and workplace stress</li> <li>• Evaluate current research and theory in relation to performance coaching at work, and its impact upon employee wellbeing.</li> <li>• Develop an understanding and ability to demonstrate the benefits of implementing performance coaching techniques upon both employee well-being and organisational performance.</li> </ul>	Coventry University	3 hours per week for 2 weeks	Introductory	Coping	Online
Future Learn	<a href="#">Youth Mental Health: Supporting Young People Using a Trauma Informed Practice</a>	Free if completed within set timescales	Those working directly with young people.	<ul style="list-style-type: none"> <li>• Engage a young person in developing strategies to effect positive changes to their life.</li> <li>• Explain some of the underlying factors that could contribute to a young person's wellbeing. <ul style="list-style-type: none"> <li>• Identify the actions and role they can take in</li> </ul> </li> </ul>	Mental Health Foundation	1 hour per week for 2 weeks	Introductory	Coping	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>supporting a young person.</li> <li>Assess the wellbeing of a young person by selecting appropriate domains from the PEPTALK guide.</li> </ul>					
<b>Torbay and South Devon Health and Care NHS Foundation Trust</b>	<a href="#">Personalised Conversations: Health Coaching Skills 1</a>	Free	Anyone working in a frontline position	<ul style="list-style-type: none"> <li>Introduce the determinants of health and stages of care</li> <li>Develop communication skills.</li> <li>Introduce a coaching mindset and tools (scaling, stages of change, COM-B, working with resistance and ambivalence)</li> <li>Navigating challenges in coaching practice.</li> </ul>	Personalised Care Institute	4 sessions	Intermediate	Coping	Virtual face to face.
<b>i-learn (Torbay Council's LMS)<sup>2</sup></b>	<a href="#">Self-harm Awareness (Children and Young People)</a>	Free	Anyone working with children and young people	<ul style="list-style-type: none"> <li>What is self-harm</li> <li>Who self-harms</li> <li>Support you can offer</li> </ul>	Learning Pool	30 minutes	Awareness	Coping	Online
<b>Your Health Torbay Pete's Dragons</b>	<a href="#">Connect 5</a>	Fully Funded	Those working with adults who can hold brief wellbeing conversations.	<p><b>Module 1 - Brief Mental Wellbeing Support</b></p> <ul style="list-style-type: none"> <li>This module will provide you with evidence-based models and tools to use in your conversations to support yourself and others to think more clearly about what actions are needed to feel better and build wellbeing.</li> </ul>	Public Health	Three modules delivered across three half days	Introductory	Coping	In-person or online delivery

<sup>2</sup> Please note the system is under licence to Torbay Council. Torbay Council, SWISCO and TDA automatically have accessed. Access through Children's Services is also funded for all those who work directly with children, young people and their families. Complete an online form here to gain access: [New account \(learningpool.com\)](https://learningpool.com)

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>• By the end of Module 1, you will:</li> <li>• Be able to use public mental health models to provide insight into what we can do to build and maintain mental wellbeing.</li> <li>• Describe and use the skills of having a connected conversation.</li> <li>• Locate mental wellbeing services and resources in your area.</li> </ul> <p><b>Module 2 - Brief Mental Wellbeing Intervention</b></p> <ul style="list-style-type: none"> <li>• This module will enable you to apply evidence-based skills and practical knowledge to support yourself and others to understand why we feel the way we do and what action we need to take to feel better.</li> <li>• By the end of Module 2, you will:</li> <li>• Be able to use the Five Areas Model within a connected conversation.</li> <li>• Know when a person needs more than self-help (including people having thoughts of suicide)</li> <li>• Locate local mental health and wellbeing services and resources in your area</li> </ul>					

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<p><b>Module 3 - Extended Mental wellbeing Conversation</b></p> <ul style="list-style-type: none"> <li>• This module will enable you to use evidenced-based tools and techniques to help yourself and others make a change and develop skills that build and maintain mental wellbeing in everyday life.</li> <li>• By the end of Module3, you will:</li> <li>• Be able to use the skills of coaching for effective change within a connected conversation</li> <li>• Be able to use six self-help tools to support yourself and others to break a vicious cycle and make a change to feel better</li> <li>• Explain how these six self-help tools, when embedded in everyday life, are skills for maintaining wellbeing</li> </ul>					
<b>My Health Devon</b>	<a href="#">HOPE Programme</a>	Fully funded	Self	<ul style="list-style-type: none"> <li>• Feel more able to support and share your experiences with others to help you feel less isolated.</li> <li>• Feel reassured and able to recognise your own potential and enhance your happiness and quality of life.</li> <li>• Feel more confident in dealing with emotional issues such as:</li> </ul>	NHS	Typically, 2.5 hours for six weeks	N/A	Coping	Online delivery



Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<p>anxiety, anger, depression and uncertainty.</p> <ul style="list-style-type: none"> <li>• Increase your ability to handle stressful situations.</li> <li>• Discover how to use relaxation techniques to refresh your mind and body.</li> <li>• Learn how to make plans and achieve goals that can help you make changes for the better.</li> <li>• Use the skills from the course to improve and self-manage your life.</li> </ul>					
<b>Future Learn</b>	<a href="#">Body Image and Mental Health in Young People</a>	Free if completed within set timescales	Focused on those working with education but overall content suitable for anyone working with children and young people	<ul style="list-style-type: none"> <li>• Describe body image and its prevalence in the UK.</li> <li>• Explore how body image interacts with mental health and quality of life.</li> <li>• Discuss body image concerns throughout life.</li> <li>• Engage in greater depth with the factors that influence body image in children and young people in the UK.</li> <li>• Investigate how take personal actions as a professional to maintain healthy body image.</li> <li>• Explore how to support children and young people's body image concerns in education</li> <li>• Explore how to support children and young people's body image concerns at home</li> </ul>	Mental Health Foundation	3 hours per week for 3 weeks	Intermediate	Struggling	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>Critique UK policy and regulation around professional training, social media, provision of services, and advertising.</li> </ul>					
Future Learn	<a href="#">Psychological First Aid: Supporting Children and Young People</a>	Free if completed within set timescales	Frontline and essential workers and volunteers who encounter children and young people during emergency and crisis situations	<ul style="list-style-type: none"> <li>Explain what psychological first aid is</li> <li>Identify children, young people and families for whom it is suited and how you can help them</li> <li>Describe how children and young people of different ages react to traumatic experiences</li> <li>Identify ways to look after yourself and your peers when working in the context of an emergency</li> <li>Engage with further reading into psychosocial support during emergencies</li> </ul>	UK Health Security Agency	1 hour per week for 3 weeks	Introductory	Struggling	Online
Coursera	<a href="#">Psychological First Aid</a>	Free	Those working with individuals post incident e.g. community violence, robbery, suicide or accidents.	<ul style="list-style-type: none"> <li>Participants will increase their abilities to: - Discuss key concepts related to PFA - Listen reflectively - Differentiate benign, non-incapacitating psychological/ behavioural crisis reactions from more severe, potentially incapacitating, crisis reactions - Prioritize (triage) psychological/ behavioural crisis reactions - Mitigate acute distress and</li> </ul>	John Hopkins University	Approximately 6 hours		Struggling	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				dysfunction, as appropriate - Recognize when to facilitate access to further mental health support - Practice self- care					
<b>Devon Partnership Trust</b>	<a href="#">Devon Recovery Learning Community</a>	Free	Self	Various courses available including: Be in Your Body and Thrive, Befriending Anger: Finding ways to manage my anger, Coastal Connection, Recovery, Journalling, Emotional first aid, Creativity, walking groups, Horse linked activities, Life coaching, ADHD, mindfulness, clay and swimming.	DPT (Devon Partnership Trust)	Dependent on session	Dependent on course	Coping – Struggling	Dependent on activity
<b>Step One charity</b>	<a href="#">BeWell@StepOne</a>	Free	Self	Range of courses: <ul style="list-style-type: none"> <li>• HOPE (Helping Overcome Problems Effectively)</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Managing Anger</li> <li>• Managing OCD</li> <li>• Social Anxiety</li> <li>• Resilience and Wellbeing</li> <li>• Healthy living</li> </ul>	HOPE has been written by Torbay and South Devon NHS Foundation Trust.	Dependent on course	Dependent on course	Healthy - Struggling	Dependent on course
<b>Zero Suicide Alliance</b>	<a href="#">Suicide Awareness</a>	Free	Options for: General (16+), University Student, Veterans and taxi drivers	<ul style="list-style-type: none"> <li>• How to spot suicide warning signs</li> <li>• How to have a conversation with someone you are worried about</li> <li>• Where to signpost to for further support</li> <li>• Suicide is preventable</li> </ul>	Royal College of Nursing	20 minutes	Awareness	Unwell	Online

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
Health Education England	<a href="#">We Need to Talk About Suicide</a>	Free	Volunteers and health care professionals.	<ul style="list-style-type: none"> <li>Recognise early warning signs of suicide,</li> <li>Support patients and their families</li> <li>Offering additional health services in this time of need</li> </ul>	Public Health England (OHID)	60-90 minutes	Awareness	Unwell	Online

### Targeted

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
Mental Health First Aid (MHFA) England	<a href="#">Mental Health First Aid</a>	Can vary but typically £325	Anyone who wishes to gain the knowledge and skills to spot signs of people experiencing poor mental health and engage in a conversation to signpost the individual to support	<ul style="list-style-type: none"> <li>Recognise those that may be experiencing poor mental health and provide them with first-level support and early intervention</li> <li>Encourage a person to identify and access sources of professional help and other supports</li> <li>Practise active listening and empathy</li> <li>Have a conversation with improved mental health literacy around language and stigma</li> <li>Discuss the MHFAider® role in depth, including boundaries and confidentiality</li> <li>Practise self-care</li> <li>Know how to use the MHFAider Support App®</li> </ul>	MHFA	2 days	Intermediate	Struggling	Online or in person

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>Know how to access a dedicated text service provided by Shout and ongoing learning opportunities with MHFA England</li> </ul>					
<b>Mental Health First Aid (MHFA) England</b>	<a href="#">Mental Health First Aider Qualification</a>	£99 + VAT	Those who have already completed MHFA course or refresher.	Complete online assessment	Royal Society for Public Health	3 hours per week for 5 weeks	Level 3	Struggling	Face to Face or online
<b>LivingWorks</b>	<a href="#">START</a>	\$39.95 CAD			LivingWorks	90 minutes	Introductory	Unwell	Online
<b>Torbay and South Devon Health and Care Trust</b>  <b>Pete's Dragons</b>	<a href="#">SafeTALK</a>	<b>Variable according to trainer</b>	Everyone aged 15 years plus	<ul style="list-style-type: none"> <li>Identify people thinking of suicide.</li> <li>Overcome barriers in talking about suicide.</li> <li>Identify reasons we may miss, dismiss or avoid suicide.</li> <li>Practice using the 4-step model of suicide alertness. Apply the TALK steps (Tell, Ask, Listen and Keep-safe) to connect a person thinking about suicide to a suicide intervention resource</li> <li>Connect people at risk of suicide with further appropriate help.</li> <li>As a safeTALK-trained suicide alert</li> </ul>	LivingWorks	3.5 hours	Introductory	Unwell	Face to Face

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				helper, you will be better able to: Move beyond common tendencies to miss, dismiss or avoid suicide.					
Pete's Dragons	<a href="#">Bereavement and Loss</a>	TBC	Practitioners who are working with those impacted by bereavement and loss.	<i>This short course provides an overview of bereavement and loss theory translated into a framework designed to aid practitioners in identifying individual grief patterns and behaviours. Practical skills and tools relatable to the most common grieving patterns are explored with opportunities to practice.</i>	No	3 hours	Introductory	Coping – Unwell	In person
Lions Barber Collective	<a href="#">BarberTalk Lite</a>	Funded for hair professionals	Hair professionals	<ul style="list-style-type: none"> <li>Recognise</li> <li>Ask</li> <li>Listen</li> <li>Here to Help</li> </ul>	No	20 minutes	Awareness	Unwell	Online
4Mental Health Approved Trainers (Pete's Dragons)	<a href="#">Community Suicide Awareness</a>	Fully Funded	Self	<ul style="list-style-type: none"> <li>Develops understanding and compassion.</li> <li>Tackles myths, stigma and barriers</li> <li>Introduces concept that suicide is not inevitable – people can be helped, and module includes the latest research and evidence.</li> <li>Suitable for ALL i.e. community members with no previous training</li> <li>Helps delegates understand how distress</li> </ul>	4MH	3 hours	Introductory	Unwell	Online delivery

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<p>develops and how people can be best supported.</p> <ul style="list-style-type: none"> <li>• Develops common language between community, services and those in distress.</li> <li>• Gives delegates the confidence and the skills practice of talking to someone in distress.</li> <li>• Develops a compassionate approach for demanding and time-pressured environments.</li> <li>• Equips the delegate with the knowledge of how to use <a href="http://www.StayingSafe.net">www.StayingSafe.net</a> to make their own Safety Plan</li> </ul>					
Pete's Dragons	<a href="#">Suicide First Aid</a>	£1500 per session for max 16 learners		Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event. The Suicide First Aid through Understanding Suicide Intervention (SFAUSI) course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths. The programme teaches and practices the skills and		1 day	Targeted	Unwell	Face to Face

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach.					
	<a href="#">Suicide First Aid Lite</a>	£1000.00 for 16 learners		Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 3.5 hours as a suicide prevention awareness session. The programme teaches the skills needed to identify someone who may be thinking about suicide and to connect the person to additional support.		3.5 hours	Awareness	Unwell	Face to face
	<a href="#">Five Steps to Suicide Awareness</a>	£350 for a maximum of 30 learners		The 5 steps to Suicide Awareness is a short but powerful workshop which aims to provide a general overview of suicidality and the impact of suicide. It demonstrates the simple steps which can be taken to help someone who may be experiencing suicidal thoughts.		1.5-2 hours	Awareness	Unwell	Face to face



Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
Torbay and South Devon Health and Care Trust OR Pete's Dragons	<a href="#">Applied Suicide Intervention Skills Training (ASIST)</a>	Variable according to trainer	ASIST is a resource for the whole community. It helps people apply suicide first-aid in many settings: with family, friends, co-workers, and teammates, as well as formal caregiving roles. Many organisations have incorporated ASIST into professional development for their employees.	<ul style="list-style-type: none"> <li>An understanding of how life experience and events can result in someone becoming emotionally distressed.</li> <li>Confidence to start a conversation with a person who maybe experiencing distress.</li> <li>To listen non-judgementally, reassure and respond, even in a crisis – and even potentially stop a crisis from happening.</li> <li>Understand how stigma about Mental Health and Suicide a barrier can be to accessing support.</li> <li>Give people practical skills to support people to keep themselves safe and guide them to access appropriate support when it is needed.</li> </ul>	LivingWorks	Two days	Advanced	Unwell	Face to face
Lions Barber Collective	<a href="#">BarberTalk/ Hair and Beauty Talk</a>	From provider	Barbers and Hairdressers	<p>Focused on four pillars:</p> <ul style="list-style-type: none"> <li>Recognise</li> <li>Ask</li> <li>Listen</li> <li>Here to Help</li> </ul>			Introductory	Struggling – Unwell	Face to face
Action to Prevent Suicide	<a href="#">ASK</a>	£80	Those working with children and young people (5-14 years)	<ul style="list-style-type: none"> <li>How a child's death understanding is related to suicide risk.</li> </ul>	TBC	TBC	Intermediate	Struggling – Unwell	Blended

Provider	Course	Cost	Target Group	Learning Outcomes	Author/ Licenced/ accredited	Time to complete	Level	Target area	Format
				<ul style="list-style-type: none"> <li>• What research tells us about a child's risk and protective factors.</li> <li>• How to use an evidence-based child suicide screening tool.</li> <li>• What information to gather to inform safety planning.</li> <li>• How to organize what you know about a child to inform planning for immediate safety and longer-term support.</li> <li>• How to overcome challenges and partner with parents and other helpers.</li> </ul>					