

# Public Mental Health Training Directory

## Introduction

According to Faculty of Public Health, public mental health is the art and science of improving mental health and wellbeing and preventing mental illness through the organised efforts and informed choices of society, organisations, public and private, communities and individuals.

This resource presents the current provision of mental health training programmes available in England for a range of target audiences at the time of publication. Its purpose is to support commissioners of health and care services and education, workforce development and organisational development professionals by highlighting available educational resources to improve practice as part of public mental health at a population level. Where available, information on where to find evaluation outcome data for a course has been provided under the topics section and the cost of commissioning the training has been indicated next to the course name by a single asterisk (\*) where the course is free, and a double asterisk (\*\*) for paid courses. Please note that this document is only a directory of available courses, and not an endorsement of any particular course or organisation.

The programmes provided in this directory have been identified through a literature review, public consultation, stakeholder engagement within the field of public mental health and education, alongside subject matter experts and experts by lived experience. Only programmes that addressed both the improvement of mental health and wellbeing and prevention of mental illness have been included to align with the definition of public mental health. This criterion was assessed using the [Public Mental Health Content Guide: For introductory courses or professional development in mental health and wellbeing](#) and the [Public Mental Health Content Guide: For public health academic courses, professional training programmes and professional development](#). An additional list of training resources that focus on mental illness prevention and not mental health promotion, can be found at the end of the directory. The programmes within this directory have been categorised by the target audience that they impact, including mental health promotion for the [workplace](#), [students and young people](#), health and social care professionals and the [general public](#).

While this document presents currently available resources, it is crucial that further work is conducted to widen the scope of provision in order to continually develop public mental health efforts across the population.

This directory was developed alongside a Quality Marker Checklist for the evaluation of mental health promotion training resources. You may use this as a guide to identify the most suitable training programme based on your workforce's needs.

## Mental Health Promotion for Workplace Employees and Staff

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
Mind	<a href="#">Mental Health Awareness at Work</a>	E-learning** Flexible location	All workplace employees	<p>Introduction to mental health and wellbeing, stigma, raising awareness of workplace wellbeing, self-care, building resilience, supporting others.</p> <p>Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>Increased awareness of mental health in the workplace</li> <li>Improved ability to manage your own mental health</li> <li>Ability to support colleagues' mental health in the workplace</li> </ul>
Mind	<a href="#">Positive Mental Health in the Workplace</a>	E-learning** Flexible location	Workplace managers	<p>Work related causes of mental health problems, how to support staff with mental health problems and promoting positive mental health.</p> <p>Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>Increased awareness of mental health in the workplace</li> <li>Improved ability to manage your own mental health</li> <li>Ability to support colleagues' mental health in the workplace</li> <li>Understanding of work-related causes of mental ill-health and stress</li> <li>Ability to support staff that are experiencing a mental health problem</li> <li>Ability to promote positive mental health in the workplace</li> </ul>

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Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
Mind	<a href="#">E-Learning for Small Workplaces</a>	E-learning* Flexible location	Small workplace managers and employees	Introduction to common mental health problems, strategies to manage your own and others' mental health.	<ul style="list-style-type: none"> <li>Improved understanding of mental health problems</li> <li>Awareness of your own and your colleagues' mental health and wellbeing</li> <li>Knowledge of practical tips to help you stay well at work, talk about mental health and spot the signs that a colleague might appreciate some support</li> </ul>
Mind	<a href="#">Customer Support and Mental Health</a>	Face-to-face** Currently available in London and Cardiff. Inhouse courses for larger groups are also available	Employees with customer facing roles	<p>Introduction to common mental health problems, impact of mental health problems on clients, and supporting clients and contacts as appropriate.</p> <p>Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>Ability to recognise signs and symptoms of mental health problems</li> <li>Ability to respond to challenging customers/callers</li> <li>Exploration of approaches to help manage expectations appropriately</li> <li>Ability to describe what support and treatments are available for mental health problems</li> <li>Design of a personal plan for managing their own stress and mental health and wellbeing in their workplace</li> </ul>
Mind	<a href="#">Managing Mental Health at Work</a>	Face-to-face** Currently available in London and Cardiff. Inhouse courses for larger groups are also available	Workplace managers	<p>Support staff members that are struggling with their mental health, look after your own mental health, challenge stigma, and build resilience.</p> <p>Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>Define mental health and wellbeing, the spectrum of mental health and mental health problems</li> <li>Describe some common mental health problems and behaviours of someone who may be experiencing mental health problems, comprehend some of the causes, and identify possible affects</li> <li>Recognize stigma and challenge it</li> <li>Learn how to respond appropriately to disclosure</li> </ul>

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Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Buttercups Training Ltd</b>	<a href="#">Understanding Mental Wellbeing</a>	E-learning** Flexible location	Employees in public facing roles and workplace organisations	<p>Mental health and wellbeing, know your mind, creating healthy minds, and wellbeing in the workplace.</p> <p>As a new course they are currently in the process of collating feedback data.</p>	<ul style="list-style-type: none"> <li>• Know the difference definitions of health, mental health, and mental well-being</li> <li>• Understand the term 'health inequalities' and describe an example that relates to mental health and well-being</li> <li>• Understand the connection between the functioning of the body and the mind</li> <li>• Define the terms resilience, self-awareness, and proliferative thought</li> <li>• Know the factors that can help create positive mental well-being</li> <li>• Describe techniques to manage stress and build resilience</li> <li>• Know what a mental health emergency is and the action to take</li> <li>• Understand what factors contribute to a positive work environment</li> </ul>
<b>British Safety Council</b>	<a href="#">Stress Awareness Training</a>	E-learning** Flexible location	All workplace employees	<p>Recognise stress, strategies to prevent or reduce stress.</p> <p>Training testimonials and case studies can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Know what stress is and how it can affect them</li> <li>• Identify their own responses to stress and notice them when they occur</li> <li>• Take steps to prevent stress from becoming a problem</li> <li>• Reduce and manage stress when it does occur</li> </ul>

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<b>British Safety Council</b>	<a href="#">Resilience Training</a>	E-learning** Flexible location	All workplace employees	<p>Building and improving resilience targeting the areas of sleep, nutrition and diet, being active, and life balance.</p> <p>Training testimonials and case studies can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Understanding of the contributors to physical and emotional resilience including sleep, exercise, nutrition, mindfulness, social engagement and self-awareness</li> <li>• Understanding of the importance of the autonomic nervous system and how it provides physiological support to coping with stress at work and at home</li> <li>• Ability identify symptoms of depleted resilience in individuals and their teams</li> <li>• Techniques to improve emotional regulation, stress reactivity and determination</li> <li>• Understanding of neuroplasticity (how the brain learns good and bad habits of thinking, feeling, responding)</li> <li>• Understanding of the recovery protocols of elite sports professionals</li> </ul>
<b>British Safety Council</b>	<a href="#">Start the Conversation</a>	E-learning or Face-to-face** Flexible location, can be brought to your workplace	All workplace employees	<p>Introduction to mental health, workplace and out-of-work stressors, looking after your own mental health, signs that someone might need help, and supporting someone else's mental health.</p> <p>Training testimonials and case studies can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Understanding of what is meant by 'mental health'</li> <li>• Understanding of the pressures facing people at work and outside work</li> <li>• Understanding of how these pressures affect mental health</li> <li>• Understanding of why people are reluctant to talk about mental health</li> <li>• Knowledge of ways of looking after one's own mental health</li> <li>• Knowledge of the signs that someone else needs help</li> <li>• Knowledge of what to say/do if someone else needs help</li> <li>• Ability to recognise that's it's OK (and beneficial) to talk about mental health</li> </ul>

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<b>British Safety Council</b>	<a href="#"><u>Manage the Conversation</u></a>	E-learning or Face-to-face** Flexible location, can be brought to your workplace	Workplace managers	Introduction to mental health, overcoming stigma, caring for your own mental health and supporting others' wellbeing, responding to suicide risk, listening and communication skills.  Training testimonials and case studies can be found <a href="#"><u>here</u></a> .	<ul style="list-style-type: none"> <li>• Understanding of what mental health is</li> <li>• Understanding of what stigma is and ways to overcome it</li> <li>• Knowledge of ways to care for your own mental health and support the mental wellbeing of others</li> <li>• Understanding of some common mental health issues</li> <li>• Knowledge of how to respond to someone who you believe may imminently take their own life</li> <li>• Some basic communication skills that will increase your confidence in being able to listen and talk with someone in need of emotional support</li> </ul>
<b>British Safety Council</b>	<a href="#"><u>Managing Stress within your Team</u></a>	E-learning** Flexible location	Workplace managers	Workplace related stressors, impacts of stress, how to reduce the risk and impact of stress on others, supporting employees experiencing stress.  Training testimonials and case studies can be found <a href="#"><u>here</u></a> .	<ul style="list-style-type: none"> <li>• Recognise what they may be doing that causes stress for others</li> <li>• Recognise the ill-health effects from stress</li> <li>• Reduce the risk of stress for others</li> <li>• Reduce the impact of stress on team performance</li> <li>• Support employees who are experiencing stress</li> </ul>

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Remploy	<a href="#">Resilience</a>	Face-to-face**	All workplace employees and managers	<p>Links between pressure, stress, performance, wellbeing and resilience, factors driving wellbeing at work, strengths and areas of development in resilience, techniques for building resilience and building resilient teams.</p> <p>Customer quotes are available <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>Define resilience in their own words and understand why it is important</li> <li>Recognise the relationship between pressure and stress as well as their own physical, emotional, behavioural and cognitive symptoms of stress</li> <li>Learn the key ingredients for resilience</li> <li>Determine areas for development in their own personal resilience</li> <li>Challenge negative thinking patterns</li> <li>Identify their social support network and where support may need strengthening</li> <li>Pinpoint key lifestyle factors which impact on their natural level of resilience</li> </ul>
Remploy	<a href="#">Mental Wellbeing in the Workplace</a>	Face-to-face**	All workplace employees and managers	<p>Introduction to mental health, stress, mental wellbeing, and performance, supporting mental wellbeing in the workplace, workplace adjustments, action planning and where to get help.</p> <p>Customer quotes are available <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>Have a broad understanding of stress, mental wellbeing and a number of mental health conditions</li> <li>Have the tools and techniques to assist you in promoting positive mental wellbeing and discussing mental wellbeing with individuals</li> <li>Be able to suggest practical solutions that can be implemented back in the workplace</li> </ul>

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Clearfocus	<a href="#">Mental Health Awareness</a>	Face-to-face**	All workplace employees	Introduction to common mental health difficulties, mental health first aid, challenging stigma, reducing workplace stress, wellbeing strategies, mindfulness, promoting positive mental health.	<ul style="list-style-type: none"> <li>Recognise what triggers mental health issues</li> <li>Recognise mental health issues in yourself and colleagues</li> <li>Challenging the stigma of mental health.</li> <li>Mental health first aid</li> <li>Creating a safe environment that encourages people to talk</li> <li>Dealing with and reducing workplace stress</li> <li>Suicide awareness and prevention.</li> <li>Wellbeing strategies</li> <li>Mindfulness</li> <li>How to be a mental health promoter</li> </ul>
Clearfocus	<a href="#">Mental Health and Wellbeing for Managers</a>	Face-to-face**	Workplace managers	Mental health in your area of work, recognizing issues in yourself and colleagues, challenging stigma, creating a safe environment for people to talk, reducing workplace stress, suicide awareness and prevention, wellbeing strategies, and mindfulness in the workplace.	<ul style="list-style-type: none"> <li>How does Mental Health affect your area of work?</li> <li>Recognise what triggers mental health issues</li> <li>Recognise mental health issues in yourself and colleagues</li> <li>Challenging the stigma of mental health</li> <li>Mental health first aid in the workplace</li> <li>Creating a safe environment that encourages people to talk</li> <li>Dealing with and reducing workplace stress</li> <li>Suicide awareness and prevention.</li> <li>Wellbeing strategies</li> <li>Mindfulness in the workplace</li> <li>How to be a mental health promoter</li> </ul>

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Charlie Waller Memorial Trust	<a href="#">Workplace Mental Health Training</a>	Face-to-face* Delivered at your organisation		<p>Introduction to mental health and wellbeing, stress and how it can impact work, looking after your own mental health and wellbeing, employee duties, challenging stigma, and how the organization can help.</p> <p>Testimonials can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Develop an understanding of mental health and wellbeing</li> <li>• Be able to identify mental health issues early on in yourself and colleagues</li> <li>• Understand how to look out for a colleague and yourself</li> <li>• Be able to challenge the stigma surrounding mental health</li> </ul>
Charlie Waller Memorial Trust	<a href="#">Training for Line Managers</a>	Face-to-face* Delivered at your organisation	Workplace managers	<p>Stigma at work, early recognition of signs and symptoms, engaging with staff and starting conversations, tools to support staff and manage teams, strategies to deal with the impact of work conditions, identifying reasonable adjustments, promoting mentally healthy workplaces, and looking after own mental health at work.</p> <p>Testimonials can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Recognise and address early signs of stress, distress and mental health conditions at work</li> <li>• Develop practical strategies to support staff through effective sickness absence management and return to work</li> <li>• Develop practical strategies to help employees retain their employment and carry out their role effectively</li> <li>• Maintain mentally healthy practices in the workplace</li> </ul>

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Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Highspeed Training</b>	<a href="#">Mental Health Awareness</a>	E-learning** Flexible location	HR workers, workplace managers, supervisors, and employers	<p>Introduction to mental health, types of mental health problems, managing mental health and improving wellbeing, supporting mental health in the workplace and workplace adjustments.</p> <p>Reviews for the course provider can be found <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Understanding of what is meant by 'mental health'</li> <li>• Awareness of the legal responsibilities that employers have in regard to mental health</li> <li>• Understanding of the most common mental health problems</li> <li>• Understanding of ways in which people can manage their individual mental health to make everyday living easier</li> <li>• Awareness of how to support a colleague with a mental health problem in the workplace</li> <li>• Understanding of how to promote a healthy, non-discriminatory working environment</li> <li>• Knowledge of the workplace adjustments that can be made to help an employee with a mental health problem</li> </ul>
<b>iHASCO</b>	<a href="#">Mental Health Awareness</a>	E-learning** Flexible location	All workplace employees	<p>Introduction to mental health, influence of negative thought patterns, removing stigma, managing mental health, creating a wellbeing action plan, wellbeing toolkit, and external help.</p> <p>Reviews are on the course website <a href="#">here</a>.</p>	<ul style="list-style-type: none"> <li>• Learn how to take positive steps to remove stigma surrounding mental health</li> <li>• Understand different mental illnesses, how to recognise changes in behaviour and what to keep an eye on</li> <li>• Learn how happier staff make better, more productive staff and what you can to support others</li> </ul>

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Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Rethink Mental Illness</b>	<a href="#"><u>Mental Health Awareness</u></a>	Face-to-face** Open access programmes in London, can be delivered anywhere in mainland England	All workplace employees	<p>Introduction to mental health difficulties, stigma related to mental health, holding supportive conversations with someone who is struggling with their mental health, impact of stress on wellbeing, and looking after own mental health.</p> <p>Evaluation data available on request.</p>	<ul style="list-style-type: none"> <li>• Better understanding of mental health and mental illness</li> <li>• Better understanding of stigma and discrimination</li> <li>• A basic understanding of common mental health conditions (stress, anxiety, and depression), and less common mental health conditions (bipolar disorder, schizophrenia and OCD)</li> <li>• A better understanding of how mental illness can manifest in day-to-day interactions</li> <li>• Greater confidence in holding short, supportive conversations with someone who may be affected by a mental health problem and communicating their needs in complex ways</li> <li>• A better understanding of how stress can impact your mental health and how to look after your own mental wellbeing</li> <li>• Where to find key sources of information and support regarding mental health</li> </ul>

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<b>Rethink Mental Illness</b>	<a href="#"><u>Mental Health in the Workplace</u></a>	Face-to-face** Open access programmes in London, can be delivered anywhere in mainland England	All workplace employees, with an extended version for workplace managers	<p>All of the topics covered within the Mental Health Awareness course, as well as legal frameworks for managers in relation to mental health in the workplace, managing mental health in the workplace, signposting to information for support in the workplace.</p> <p>Evaluation data available on request.</p>	<ul style="list-style-type: none"> <li>• All of the outcomes from Mental Health Awareness and;</li> <li>• Better understanding of how behaviour changes can suggest a possible mental health condition and ways of responding</li> <li>• Better understanding of the legal frameworks managers need to be aware of in relation to mental health in the workplace</li> <li>• Better understanding of best practice in managing mental health in the workplace</li> <li>• Greater confidence in holding supportive conversations staff members who may be affected by a mental health problem and in handling the outcomes</li> <li>• Where to find key sources of information on supporting mental health in the workplace, including Wellbeing Plans</li> </ul>

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Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Association for Psychological Therapies</b>	<a href="#"><u>Driving Good Mental Health in the Workplace</u></a>	Face-to-face or E-learning** Flexible location, can be brought to your workplace	Workplace managers	Developing a clear management philosophy, developing good relationships, recognizing and removing irritants, knowing how to motivate teams, using feedback, and applying principles to yourself.  Feedback quotes available on the course website.	<ul style="list-style-type: none"> <li>• Improved understanding of workplace related stressors and how to reduce them</li> <li>• Improved understanding of mental health and mental illness</li> <li>• Knowledge of strategies to manage mental health in the workplace</li> <li>• Knowledge of factors that influence mental health</li> </ul>
<b>Association for Psychological Therapies</b>	<a href="#"><u>How to develop your good mental health in the workplace, and help your colleagues do the same</u></a>	Face-to-face or E-learning** Flexible location, can be brought to your workplace	All workplace employees	Differentiating between distress and mental illness, what the WHO says, the brain and mental health, developing and maintaining good mental health and wellbeing, spotting signs of problems in others, interacting helpfully with people who are having mental health problems, support from friends and family, empathy and validation.  Feedback ratings and quotes available on the course website.	<ul style="list-style-type: none"> <li>• Improved understanding of mental health</li> <li>• Ability to spot signs and symptoms in colleagues</li> <li>• Understanding of the different factors that influence mental health</li> <li>• Ability to support a colleague who is struggling with their mental health</li> <li>• Ability to support and maintain your own wellbeing</li> </ul>

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Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Team Mental Health</b>	<a href="#">Foundation Online Mental Health Awareness</a>	E-learning** Flexible location	All workplace employees	Introduction to mental health, stigma, strategies to promote mental health in the workplace, workplace related causes of mental health problems, coping mechanisms, and accessing support.	<ul style="list-style-type: none"> <li>• Increased understanding of prevention, promotion, detection, early intervention and recovery from mental health problems</li> <li>• Reduced stigma associated with mental health problems</li> <li>• Ability to develop mental health strategies in the workplace</li> <li>• Increased awareness of positive and negative coping mechanisms including substance misuse</li> <li>• Awareness of work-related stress, anxiety, depression, self-harm, suicide and the risk and protective factors associated with these</li> <li>• Ability to provide information on how to access appropriate support and intervention, including emergency management</li> </ul>
<b>Team Mental Health</b>	<a href="#">Intermediate Mental Health Masterclass</a>	Face-to-face**	Workplace managers	Mental health prevention, promoting mental health in the workplace, supporting early intervention, and sources of support.	<ul style="list-style-type: none"> <li>• Increased understanding with regards to how mental health problems can be prevented</li> <li>• Ability to promote mental health and wellbeing in the workplace</li> <li>• Raise awareness and increase detection of work-related stress and mental health problems</li> <li>• Increased knowledge to support early intervention</li> <li>• Awareness of information relevant to emergency management</li> <li>• Knowledge of how recovery can be supported</li> </ul>

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<b>The Wellbeing Project</b>	<a href="#">Flourish Wellbeing Workshops</a>	Face-to-face** Training is delivered in London and can be delivered in-house	All workplace employees	<p>Maintaining high energy levels, food and wellbeing, improving sleep and relaxation, reducing and managing stress, mindfulness, building resilience, and discovering own motivations and confidence.</p> <p>Evaluation data is available on request.</p>	<ul style="list-style-type: none"> <li>• Optimise your physical energy through small, meaningful changes to your daily routine</li> <li>• Cultivate positive mental energy and understand the role of 'reward' circuitry</li> <li>• Build daily habits and rituals which foster sustained energy</li> <li>• Show how nutrition can help you function at your personal best in all aspects of your life</li> <li>• Build self-awareness of where to focus in terms of restoring a greater sense of balance</li> <li>• Understand how restful, refreshing sleep supports wellbeing</li> <li>• Understand which habits and behaviours may impact sleep</li> <li>• Understand how Mindfulness calms the brain, and how to build this into daily life</li> <li>• Understand how to use being in the 'now' as an antidote to everyday pressures and stress</li> <li>• Identify what motivates and drives your performance</li> <li>• Get on track by tuning into what gives purpose meaning</li> </ul>

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<b>The Wellbeing Project</b>	<a href="#">Mental Wellbeing Workshops</a>	Face-to-face** Training is delivered in London and can be delivered in-house	Workplace employees, workplace managers, and professionals in specialist roles including HR, Occupational Health, and Wellbeing Champions	Strategies to support your own and colleagues' wellbeing in and out of the workplace, leading on wellbeing in a team, fostering a climate of positive wellbeing in the organization, providing alternative forms of support and contacts to support mental wellbeing.  Evaluation data is available on request.	<ul style="list-style-type: none"> <li>• Understand what mental wellbeing means to you</li> <li>• Build awareness to identify symptoms of a dip in wellbeing</li> <li>• Learn how to proactively manage pressure and maintain mental wellbeing</li> <li>• Apply tools, techniques and rituals to offset symptoms of unhealthy stress</li> <li>• Understand how to access mental wellbeing resources</li> <li>• Build a theoretical understanding of mental health</li> <li>• Increase literacy and empathy</li> <li>• Know how to recognise possible dip in wellbeing in your team</li> <li>• Identify tools and techniques to proactively manage pressure</li> <li>• Build confidence to lead positive wellbeing conversations</li> <li>• Explore real-life scenarios and identify how to bring key tools and techniques into action</li> <li>• Access a selection of resources and support to sign post</li> <li>• Design and develop a team charter for mental wellbeing</li> <li>• Lead awareness to de-stigmatise, support and improve mental health in the workplace</li> </ul>
<b>New Leaf Health</b>	<a href="#">Workplace Wellbeing Coordinators Training</a>	Face-to-face** Delivered at one-day open courses throughout the UK	Staff responsible for the design, delivery and evaluation of their company workplace wellbeing strategy	Building a case for a workplace health programme, strategies to develop wellbeing within the workplace, developing a workplace wellbeing programme, evaluating the programme.	<ul style="list-style-type: none"> <li>• Ability to build a business case for a workplace health programme, considering the financial, ethical and practical aspects of the programme</li> <li>• Knowledge of different approaches and interventions to develop ideas for your company wellbeing programme</li> <li>• Ability to develop a communications plan</li> <li>• Ability to implement a robust evaluation of the company's workplace wellbeing strategy</li> </ul>

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<b>New Leaf Health</b>	<a href="#">Wellbeing Champions</a>	Face-to-face** Delivered at open courses throughout the UK	Existing or aspiring workplace health champions	Impact of behaviour change, encouraging behaviour change, communicating wellbeing initiatives in the workplace, designing a wellbeing campaign.	<ul style="list-style-type: none"> <li>• Understanding of the impact of change on improving organisational and individual's health and wellbeing</li> <li>• Understanding of how effective communication can support health messages</li> <li>• Understanding of how campaign design can support health promotion interventions</li> </ul>
<b>Solent Mind</b>	<a href="#">Managing Mental Health and Wellbeing in the Workplace</a>	Face-to-face** Training is delivered within the Hampshire area	Workplace managers	HR processes relating to mental health, how to prevent and support sickness absence, signposting to services, and supporting employees' mental health.  Testimonials available on their website.	<ul style="list-style-type: none"> <li>• To understand what mental health is</li> <li>• To identify the key management behaviours that support staff to be open about their mental health</li> <li>• To identify how to have a conversation with someone about their mental health</li> <li>• To identify how to support someone experiencing a mental health problem</li> <li>• To understand how to manage an employee's time sick and their return to work</li> <li>• To signpost to resources within your organisation and/or local services</li> </ul>
<b>Solent Mind</b>	<a href="#">Mental Health and Wellbeing Workshop</a>	Face-to-face** Training is delivered within the Hampshire area	All workplace employees	Signs and symptoms of mental health problems, dispelling myths and reducing stigma, mental health diagnoses and treatment, and maintaining your own wellbeing.  Testimonials available on website.	<ul style="list-style-type: none"> <li>• To understand what mental health &amp; wellbeing is</li> <li>• To recognise the signs of mental health &amp; wellbeing</li> <li>• To understand some of the different mental health diagnoses and treatments</li> <li>• To examine ways of maintaining our own mental health &amp; wellbeing</li> <li>• To dispel myths and stigma surrounding mental health issues</li> </ul>

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<b>Solent Mind</b>	<a href="#">Mental Health Awareness</a>	Remote or Face-to-face**	All workplace employees	<p>Understanding of mental health and wellbeing, more common mental health diagnoses and treatment, ways of maintaining our own mental health and wellbeing.</p> <p>Testimonials available on their website.</p>	<ul style="list-style-type: none"> <li>• Understand what mental health and wellbeing is</li> <li>• Dispel stigma surrounding mental health issues</li> <li>• Recognise the signs of mental health and wellbeing</li> <li>• Be aware of common mental health conditions and treatments</li> <li>• Explore ways to support others</li> <li>• Examine ways of maintaining our own mental health and wellbeing</li> <li>• Look at available resources</li> </ul>
<b>Health Education England, e-Learning for Health &amp; MindEd</b>	<a href="#">Mindfulness</a>	E-learning* Flexible location	Anyone, including health and social care staff	Defining mindfulness, the evidence base, essential information, further resources and support.	<ul style="list-style-type: none"> <li>• Define mindfulness</li> <li>• Identify the key components of mindfulness</li> <li>• Describe the evidence base for mindfulness</li> <li>• Evaluate whether mindfulness may be an appropriate approach for someone</li> <li>• List the sources of further information and where to signpost people to for more resources and support</li> </ul>
<b>Health Education England</b>	<a href="#">Five Ways of Wellbeing – Making Every Contact Count</a>	E-learning* Flexible location	Anyone, including health and social care staff	Defining wellbeing, its relation to health, the Five Ways to Wellbeing and their use.	<ul style="list-style-type: none"> <li>• What is wellbeing</li> <li>• How wellbeing and health are linked</li> <li>• What the Five Ways to Wellbeing are</li> <li>• How the Five Ways to Wellbeing can be used to promote health and wellbeing</li> </ul>

## Mental Health Promotion for Young People and Students

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Mind</b>	<a href="#">Students and Mental Health</a>	Face-to-face**  Currently available in London and Cardiff and the house courses for larger groups are also available	Those who advice and guide students such as tutors, residence wardens, and support officers	Introduction to mental health problems, signs of common mental health problems, challenges faced by students, supporting students, listening and communication skills.  Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Greater understanding of mental health problems</li> <li>• Ability to identify the signs and symptoms of common mental health problems</li> <li>• Ability to explain how the challenges facing students can impact on their mental health</li> <li>• Improved skills to support students experiencing mental health problems</li> <li>• Ability to design a framework for promoting positive mental health and wellbeing in their own education setting</li> <li>• Improved skills to communicate effectively with students who need support</li> </ul>
<b>Young Minds</b>	<a href="#">Building Resilience</a>	Face-to-face**  The course is currently delivered at Young Minds locations in London and Birmingham	Those working with children and young people, such as teachers, CAMHS, and foster carers	Theories of resilience, problem-solving techniques, constructive self-talk, and working with children and families.  The organisation's impact report, including training impact, can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Understanding of what resilience is and the theories underpinning it</li> <li>• Ability to lead constructive self-talk (talking to yourself positively rather than negatively)</li> <li>• Ability to help children and their families develop emotional literacy</li> <li>• Learned new problem-solving techniques</li> <li>• Ability to explore and co-create new ways of working with children and families</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
Young Minds	<a href="#">Adolescent Mental Health Training</a>	Face-to-face** The course is currently delivered at Young Minds locations in London and Birmingham	Those working with children and young people, such as teachers, CAMHS, and foster carers	Theories of adolescent development, teenagers and risk-taking behaviours, emotional issues in adolescents, building resilience in adolescents and finding coping strategies.  The organisation's impact report, including training impact, can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Understanding of theories of teenagers' cognitive, emotional, and social development, including attachment theory</li> <li>• Explored insights into neuroscience and brain development theories</li> <li>• Learn why teens display risk-taking behaviour.</li> <li>• Developed an understanding of emotional issues adolescents may face</li> <li>• Learned how to help adolescents build resilience and find coping strategies</li> <li>• Explored practical tools to try out with teenagers</li> </ul>
Young Minds	<a href="#">Early Years Mental Health Training</a>	Face-to-face** The course is currently delivered at Young Minds locations in London and Birmingham	Those working with children and young people, such as teachers, CAMHS, and foster carers	Risk factors for mental health problems in children, building resilience in children, applying early intervention strategies, and childhood development.  The organisation's impact report, including training impact, can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Ability to identify children experiencing or at risk of experiencing mental health problems</li> <li>• Knowledge of the risk factors for children in early years</li> <li>• Understanding of strategies to build resilience in young children</li> <li>• Learned about attachment and brain development in infants and young children</li> <li>• Ability to apply early intervention strategies to apply in your workplace</li> </ul>
Young Minds	<a href="#">Anxiety Training</a>	Face-to-face** The course is currently delivered at Young Minds locations in London and Birmingham	Those working with children and young people, such as teachers, CAMHS, and foster carers	Recognising signs of anxiety in children and young people, strategies to help young people manage stress and anxiety, seeking specialist help, supporting young people experiencing everyday stresses	<ul style="list-style-type: none"> <li>• Understanding of what anxiety is</li> <li>• Ability to 21recognize signs of anxiety disorders in children and young people</li> <li>• Learn strategies to help young people manage stress and anxiety and 21recognize what level of anxiety is 'normal'</li> <li>• Ability to support children and young people experiencing everyday stresses such as exam pressures</li> <li>• Ability to 21recognize when to bring in specialist help when levels of anxiety need treatment from qualified mental health practitioners</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
				The organisation's impact report, including training impact, can be found <a href="#">here</a> .	
<b>Student Minds</b>	<a href="#">Positive Minds</a>	Face-to-face* The course is currently delivered at universities across England with a Student Minds peer support group	Students in Higher Education experiencing low mood	Building a support network, active stress management, mornings and sleep, reflections, food and mood, exercise and relaxation.  An analysis of outcome data can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>Improved confidence in using self-help strategies and better managing your mood</li> <li>Understanding of different areas of your life that can impact your mood and wellbeing</li> <li>Ability to set and implement wellbeing related goals</li> </ul>
<b>Team Mental Health</b>	<a href="#">Wellbeing Through Sport</a>	Face-to-face** Delivered in schools	Primary school students at Key Stage 2 level	Core life skills, emotional awareness, communication skills, problem solving, social skills, empathy, assertiveness, conflict resolution, humour, stress management, coping skills, and relaxation.	<ul style="list-style-type: none"> <li>To develop a positive attitude to physical and mental health</li> <li>To develop emotional awareness and empathy</li> <li>To develop good communication and social skills</li> <li>To develop assertiveness, problem solving skills and the ability to resolve conflict</li> <li>To support children with stress management and relaxation skills</li> <li>To support children to develop their emotional intelligence, resilience and to use positive coping strategies</li> </ul>
<b>SLaM</b>	<a href="#">CUES-Ed</a>	Face-to-face** Delivered in schools	Primary school children in years 3-6	Topics focus around applying cognitive behavioural therapy practice to improve children's wellbeing.  Feedback from children and teachers is available <a href="#">here</a> .	<ul style="list-style-type: none"> <li>Ability to recognise and make links between thoughts, feelings and behaviour</li> <li>Knowledge of how to talk about this with others</li> <li>Ability to notice the signs (cues) when things aren't right – such as an increase in worry, a change in appetite or sleep patterns and difficulties with friendship groups</li> <li>Knowledge of cognitive strategies and behavioural techniques to help manage difficulties</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>SLaM</b>	<a href="#">Discover Workshop Programmes</a>	Face-to-face**	16-18-year olds in school who experience anxiety, low mood, and stress	Techniques to tackle excessive worry, low mood, loss of motivation, low self-esteem, concentration problems, poor sleep, low energy, difficulties organizing workload and revision, and low resilience.  Testimonials can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Increase ability to focus on and prioritise schoolwork</li> <li>• Improve time management and problem solving</li> <li>• Improve self-esteem and confidence</li> <li>• Improve capacity to deal with anxiety and provoking situations</li> <li>• Improve interactions with peers and family</li> <li>• Have better sleep and more daytime energy</li> </ul>
<b>The Open University</b>	<a href="#">Young People's Wellbeing</a>	E-learning* Flexible location	Anyone who is interested in young people's wellbeing	Frameworks for understanding young people's wellbeing, diverse and unequal experiences, promoting wellbeing.	<ul style="list-style-type: none"> <li>• Awareness of current media and policy discourses surrounding young people's physical and mental health</li> <li>• Ability to critically analyse ideas about young people's wellbeing using a range of theoretical perspective</li> <li>• Understanding of some of the ways in which young people's experience of mental health is shaped by diversity and inequality</li> <li>• Awareness of different approaches to promoting young people's wellbeing</li> </ul>
<b>Association for Psychological Therapies</b>	<a href="#">Mental Health Awareness for those working with Children and Young People</a>	Face-to-face** Delivered at your organisation	Professionals who work with children and young people or having regular contact with families	Hierarchy of needs for mental wellbeing, the developing brain, building resilience, improving a self-esteem, building a sense of belonging, recognizing talents and instilling hope, signs of mental illness, neurodevelopmental conditions, responding to concerns, and the impact of trauma on a child's development.	<ul style="list-style-type: none"> <li>• Understanding of the nature of the problem around young people's mental health and why intervention is necessary</li> <li>• Prepare for national initiatives requiring mental health leads to know about different ways of working with children and young people's mental health and wellbeing</li> <li>• Improved confidence in mental health terminology and discussing mental health and illness related issues</li> <li>• Consideration of what affects children's wellbeing, (i.e the impact of trauma)</li> <li>• Continued on the course webpage</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
				Course feedback quotes are available on the website.	
<b>The Children's Sleep Charity</b>	<a href="#">Sleep Practitioner Course</a>	Face-to-face** Delivered in South Yorkshire	Professionals with background in working with families and child development	Sleep deprivation, sleep physiology, behavioural strategies to use including sleep diaries and identification of sleep issues, anxiety and sleep, attachment and sleep, sleep disorders, sleep medication, sleep and children with SEND, enuresis, and sensory processing and sleep.  Evaluation data can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>To develop an understanding of the sleep issues that children and young people may face</li> <li>To be able to offer evidence-based support, recognising why there are sleep issues, and to identify appropriate behavioural strategies to use</li> <li>To know when to refer on to other services appropriately</li> </ul>
<b>South Gloucestershire Council</b>	<a href="#">Promoting Positive Youth Mental Health</a>	Face-to-face* Delivered in South Gloucester	Professionals working with young people	Introduction to mental health and wellbeing, promoting resilience in young people.	<ul style="list-style-type: none"> <li>Increase knowledge and understanding of mental health and emotional wellbeing, mental health problems, and how to respond to emotional distress</li> <li>Understand how to promote resilience in all young people</li> </ul>
<b>South Gloucestershire Council</b>	<a href="#">Youth Mental Health First Aid</a>	Face-to-face* Delivered in South Gloucester	Professionals working with young people	Introduction to mental health, symptoms of mental ill-health, supporting others, signposting, and supporting your own wellbeing.	<ul style="list-style-type: none"> <li>Recognise the symptoms of mental health problems</li> <li>Increased skills and knowledge to provide initial help</li> <li>Knowledge of appropriate professional help</li> <li>Increased awareness of own wellbeing</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
South Gloucestershire Council	<a href="#">Resilience Lab</a>	Face-to-face or remote*  Delivered in Bristol and South Gloucester	Children and young people aged 11-25	Stress management, introduction to mindfulness and breathing techniques, reaching out, thinking patterns, and personal strengths.  Feedback available on the website.	<ul style="list-style-type: none"> <li>• Improved understanding of emotional wellbeing</li> <li>• Knowledge of strategies to manage your own feelings in a positive way</li> </ul>

## Health and Social Care Professionals

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Maudsley Simulation</b>	<a href="#">Healthy Bodies,</a> <a href="#">Healthy Minds,</a> <a href="#">Healthy Lives</a>	Face-to-face** Simulation training across England. Flexible location	Any health and social care and third sector staff working with people	Mental health conditions and mental wellbeing, health behaviours, behaviours change conversations, Motivational Interviewing techniques, simulated scenarios and debriefs.  Evaluation data upon request.	<ul style="list-style-type: none"> <li>• Understand the relationship between mental and physical health and wellbeing</li> <li>• Identify key principles of motivational interviewing</li> <li>• Develop basic skills in techniques used in motivational interviewing</li> <li>• Practice ways of asking questions and speaking with clients to bring about behavioural change</li> <li>• Increased confidence in having health-based conversations to promote wellbeing</li> <li>• Recognise where a person is in the circle of change</li> <li>• Use of core OARS skills</li> <li>• Listening and responding to change talk - DARN CAT</li> </ul>
<b>Maudsley Simulation</b>	<a href="#">Perinatal Mental Wellbeing</a>	Face-to-face** Simulation training across England. Flexible location	Any health and social care and third sector staff working with parents and families in the perinatal period	Recognition of mental illness and risk factors, parent-infant relationships, accessing support services, working with networks and communities, building blocks of wellbeing, simulation scenarios and debriefs.  Evaluation data upon request.	<ul style="list-style-type: none"> <li>• Increased knowledge of how to promote mental wellbeing in women in the perinatal period</li> <li>• Greater understanding of risk factors for mothers developing mental illness in the perinatal period, and the connection between physical and mental health</li> <li>• Greater awareness and confidence when working with families and networks</li> <li>• Enhanced confidence in offering advice on preventing mental illness and their deterioration</li> <li>• Increased confidence in accessing help and further support when needed</li> <li>• Improved skills in recognising and communicating the opportunity to improve mental wellbeing in women in the perinatal period</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Maudsley Simulation</b>	<a href="#">PG Tips: Pharmacy and General Practice simulation course</a>	Face-to-face** Simulation training across England. Flexible location	Community pharmacists, general practitioners, nurses and AHPs working in primary care	Sleep difficulties, self-harm, heightened emotions, eating issues, lack of motivation, work related stress, substance abuse, health anxiety, simulation scenarios and debriefs.  Evaluation data upon request.	<ul style="list-style-type: none"> <li>• Experience increased confidence in recognising and exploring various signs of reduced wellbeing and mental health needs</li> <li>• Understand further how reduced well-being inter plays with the early onset of a number of mental health issues, and on which levels intervention can occur</li> <li>• Experience increased confidence and confidence to support people to improve well-being, including knowledge of where to signpost people for further mental well-being support</li> <li>• Learn how to consider the systems around a patient in more depth, and how to harness these positively if possible</li> <li>• Understand cultural differences in mental health illness, and well-being</li> </ul>
<b>Mind</b>	<a href="#">Mental Health Training for the Emergency Services</a>	Face-to-face** Delivered across England in areas with a local Mind organisation	Emergency staff such as police, ambulance services, and fire departments	Signs of mental health problems, managing mental health of employees, tools and strategies to build resilience, understanding your own resilience, where to go for support, and managing your own mental health.  Evaluation data can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Improved awareness and understanding of mental health at work and how work can affect emergency services staff and volunteers</li> <li>• Awareness of the signs of mental ill health, how to broach the issue, and explore support measures</li> <li>• Understanding of Mind's framework for creating mentally healthy workplaces. Learn how to create a mentally healthy workplace using Mind's three-pronged approach</li> <li>• Understanding of how to proactively manage employees' mental wellbeing so as to reduce mental ill health and its associated risks for absence</li> <li>• Understanding of how to initiate a conversation about mental health and how to handle disclosure</li> <li>• Knowledge of managing the performance of a staff member where a mental health problem may be a factor</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Focus Games</b>	<a href="#">MaP Game</a>	Face-to-face** Flexible location.	Anyone working in health and social care, particularly useful for multidisciplinary teams	Promoting health and wellbeing, the role of professionals in supporting people with mental and physical health needs, the service user's perspective, benefits of early intervention, and working within a professional team.	<ul style="list-style-type: none"> <li>• Understand links between mental and physical health</li> <li>• Gain confidence and skills to effectively deliver a service</li> <li>• Explore the role of different professionals in supporting people with mental and physical health needs</li> <li>• Understand and explore the service user's perspective.</li> <li>• Know how to deliver consistent messages between members of the workforce</li> <li>• Know how to promote general health and wellbeing</li> <li>• Understand the benefits of early intervention in the prevention of health conditions</li> <li>• Understand how to improve care delivery for people with both mental and physical health needs</li> </ul>
<b>De Montfort University Leicester</b>	<a href="#">Psychological Wellbeing MSc/PG Cert/PG Dip</a>	Face-to-face or online distance learning**  Flexible as distance learning, full-time students based at the university in Leicester	BSc graduates with a degree in psychology or another relevant subject	Approaches to the study of wellbeing, wellbeing through the lifespan, lifestyle and wellbeing, wellbeing in cultural, economic, and social contexts.	<ul style="list-style-type: none"> <li>• Enhanced specialist skills and career opportunities</li> <li>• Developed practical and professional skills through short placement activities involving interactions with clients and health and social care professionals</li> <li>• Awareness of the range of contemporary and traditional therapeutic approaches that may be employed in the treatment and prevention of mental health problems</li> <li>• Develop a range of transferable skills, alongside individuals from a range of backgrounds and sectors</li> </ul>
<b>Royal Society for Public Health</b>	<a href="#">Level 2 Award in Understanding Mental Wellbeing</a>	Face-to-face**  RSPH approved centres across England	Those who work with individuals and families in a health or social care environment	Theoretical models of mental health and wellbeing, strategies to improve and maintain mental wellbeing in your community.	<ul style="list-style-type: none"> <li>• Knowledge of how mental wellbeing affects individuals and communities, with reference to: Aspects of mental wellbeing, the importance of mental wellbeing for the individual, how community can affect and be affected by mental wellbeing</li> <li>• Knowledge of how mental wellbeing can be improved and maintained, with reference to: Guidance for improving and maintaining mental wellbeing, methods for the promotion of mental wellbeing, applications of mental wellbeing in practical situations</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Greater Manchester Health and Social Care Partnership</b>	Connect5	Face-to-face**  Delivered at various locations by different organisations	Front line staff, including housing, alcohol misuse, debt and benefit advice agencies	Introduction to mental health and wellbeing, self-help, implementing wellbeing interventions, supporting others, and signposting to specialist support.  Evaluation data for this programme can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Develop skills and confidence to discuss mental health and wellbeing</li> <li>• Explain mental health and wellbeing by using self-help principles</li> <li>• Identify local mental health resources and services</li> <li>• Establish the nature and extent of a person's distressing situation</li> <li>• Develop skills and confidence to deliver effective wellbeing intervention</li> <li>• Practice skills needed to start and end a mental health conversation</li> <li>• Develop knowledge, skills and confidence necessary to use a range of evidence-based brief interventions and tools</li> <li>• Support people to take positive steps to improve their mental health</li> <li>• Work collaboratively with a person to make an action plan</li> </ul>
<b>Maudsley Learning</b>	<a href="#">Wellbeing in Primary Care: preventing illness &amp; sustaining recovery</a>	Digital**  One-day course delivered across England. Flexible location	Primary care staff, including pharmacists, general practitioners, nurses and AHPs	Sleep difficulties, self-harm, heightened emotions, eating issues, lack of motivation, work related stress, substance abuse, health anxiety, theories of wellbeing, psychological distress, accessing support, recovery.  Evaluation data upon request.	<ul style="list-style-type: none"> <li>• Describe the concept of mental wellbeing and its relevance to promoting improved mental and physical health in patients</li> <li>• Recognise the early signs of mental distress</li> <li>• Make better use of the resources and pathways available to access support for those experiencing mental distress</li> <li>• Confidently explore risk and resilience with patients</li> <li>• Encourage behavioural change to improve mental health and sustain recovery</li> </ul> <p>Understand the factors that affect wellbeing and help-seeking behaviour</p>
<b>UCL and National Collaborating</b>	Public mental health short course. Contact:	Face-to-face**	Directors of public health and public health consultants	<ul style="list-style-type: none"> <li>• Policy and public mental health</li> </ul>	By the end of this course participants will understand: <ul style="list-style-type: none"> <li>• Use of appropriate public mental health intelligence to inform local commissioning</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Centre for Mental Health</b>	<a href="mailto:Jonathan.Campion@slam.nhs.uk">Jonathan.Campion@slam.nhs.uk</a>	Two day course delivered in London	Medical and clinical directors in mental health trusts Directors of social care and senior social care managers Public mental health experts working in mental health trusts NHS England and Public Health England national and area team policy leaders	<ul style="list-style-type: none"> <li>• Mental disorder and wellbeing</li> <li>• Public mental health interventions</li> <li>• How to incorporate mental health into needs assessments</li> <li>• Commissioning Evaluation</li> </ul>	<ul style="list-style-type: none"> <li>• Assessment of local risk factors for mental health conditions and protective factors for mental wellbeing</li> <li>• Cost-effective interventions to promote mental health, prevent and treat mental health conditions</li> <li>• Assessment of local coverage and outcomes of public mental health interventions</li> <li>• Assessment of size and impact of local public mental health intervention gap</li> <li>• Service planning to deliver improved outcomes across a whole population</li> <li>• How to do a Joint Strategic Needs Assessment (JSNA) with comprehensive mental health coverage</li> </ul>

## Mental Health Promotion for the General Public

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Mind</b>	<a href="#">Mental Health Awareness</a>	Face-to-face** Currently available in London and Cardiff. In-house courses for larger groups are also available	All members of the public	Common mental health problems, causes and triggers, recovery, disclosure, and looking after your own mental health.  Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Ability to define mental health and wellbeing, the spectrum of mental health and mental health problems</li> <li>• Ability to describe some common mental health problems and behaviours of someone who may be experiencing mental health problems, comprehend some of the causes, and identify possible affects</li> <li>• Improved ability to recognise stigma and challenge it</li> <li>• Knowledge of how to respond appropriately to disclosure</li> </ul>
<b>Mind</b>	<a href="#">Emotional Intelligence, Resilience, and Mindfulness Training</a>	Face-to-face** Currently available in London and Cardiff. In-house courses for larger groups are also available	All members of the public	Emotional intelligence, resilience, and mindfulness.  Impact reports for the organisation including their work in mental health training can be found <a href="#">here</a> .	<ul style="list-style-type: none"> <li>• Ability to identify the five domains of emotional intelligence and the characteristics of resilience (within individuals and working environments)</li> <li>• Greater confidence in identifying and naming emotions as they relate to our emotional intelligence</li> <li>• Ability to identify some triggers for stress and the 5-Aspects model for understanding emotions</li> <li>• Ability to distinguish helpful and unhelpful thinking patterns, and how to influence them and behaviours to support resilience building</li> <li>• Ability to demonstrate techniques that can help to build personal resilience</li> <li>• Understanding of some mindfulness techniques</li> </ul>
<b>Royal Society for Public Health</b>	<a href="#">Understanding Sleep: Don't hit snooze on your health</a>	E-learning* Flexible location	All members of the public	Sleep as a public health issue, relationship between sleep and wellbeing, factors influencing sleep.	<ul style="list-style-type: none"> <li>• Understand the relationship between sleep, health, and wellbeing</li> <li>• Understand the impact of melatonin, drugs, and alcohol on sleep</li> <li>• Understand sleep and culture</li> <li>• Have knowledge of sleep disorders</li> </ul>

# Public Mental Health Training Directory

Provider	Name & weblink	Delivery	Participants	Topics	Learning outcomes
<b>Action for Happiness</b>	<a href="#"><u>The Action for Happiness Course</u></a>	Face-to-face* 8-week course of 2-hour sessions delivered across England. Flexible location	All members of the public	Mindfulness, stress, happiness, relationships and compassion, happiness at work, communities, mindfulness, evidence and research.  Evaluation data upon request.	<ul style="list-style-type: none"> <li>• WEEK 1: What really matters in life?</li> <li>• WEEK 2: What actually makes us happy?</li> <li>• WEEK 3: Can we find peace of mind?</li> <li>• WEEK 4: How should we treat others?</li> <li>• WEEK 5: What makes for great relationships?</li> <li>• WEEK 6: Can we be happier at work?</li> <li>• WEEK 7: Can we build happier communities?</li> <li>• WEEK 8: How can we create a happier world?</li> </ul>

## Additional Resources Supporting Mental Health and Wellbeing

### Mental Health First Aid

- Training course to equip people with the skills to support someone in an emotional crisis.

### The Population Wellbeing Portal

- A central location for free training and education resources relating to the health and wellbeing of the public including links to e-learning, toolkits, videos, webinars and various publications. A specific mental health and wellbeing section offers tailored resources relevant to public mental health.

### All Our Health Programme

- E-learning sessions that provide an introduction into a range of topics covered within Public Health England's All Our Health framework, including resources specific to mental health.

### Every Mind Matters

- A repository of resources to support individuals' mental health and wellbeing through planning tools, expert advice, practical tips and further information signposting.

### Youth Access

- Online resource for young people aimed at explaining their rights within the existing system, the avenues to access support, and the rights they deserve to be met and challenged. Advocates a right-based approach to young people's health and wellbeing.

### Mind & Body Health & Wellbeing Toolkit

- This toolkit developed by the [Mind & Body Programme](#) at King's Health Partners, offers all staff working across health and care services a collection of resources that they can use to support the mental and physical health and wellbeing of their team, including wellbeing tips and bitesize team sessions.

# Public Mental Health Training Directory

## The Survivors Trust

- Online resource for women who have experienced childhood sexual abuse and are either pregnant or contemplating pregnancy and birth.

## Thrive at Work

- A workplace wellbeing commitment that includes award and accreditation for organisations across the country who participate.

## Skills For Care

- Resources for social care providers which they can use for their staff development training

## Unmind

- A workplace mental health platform to enable employees to track, assess, and understand their mental wellbeing over time.

## Working Stress

- An app and game to help healthcare professionals manage stress and burnout.

## Public mental health: Evidence, practice and commissioning <https://www.rsph.org.uk/about-us/news/launch-of-public-mental-health-evidence-practice-and-commissioning.html>

- A 2018 Royal Society for Public Health report summarising the evidence on public mental health including mental wellbeing promotion and mental disorder prevention at primary, secondary and tertiary levels. It highlights the implementation gap and ways to improve coverage including through school and work based interventions. The report was endorsed by Health Education England as well as Association of Directors of Public Health, Faculty of Public Health, Local Government Association, Royal College of General Practitioners, Royal College of Psychiatrists and Royal Society for Public Health.