

Let's
Talk
Training

@Letstalktraining

Let's Talk Training Brochure

Mental health
Selfharm
Suicide



support | information | training | consultancy



Speak to our friendly and helpful team:



0115 934 8445



training@harmless.org.uk

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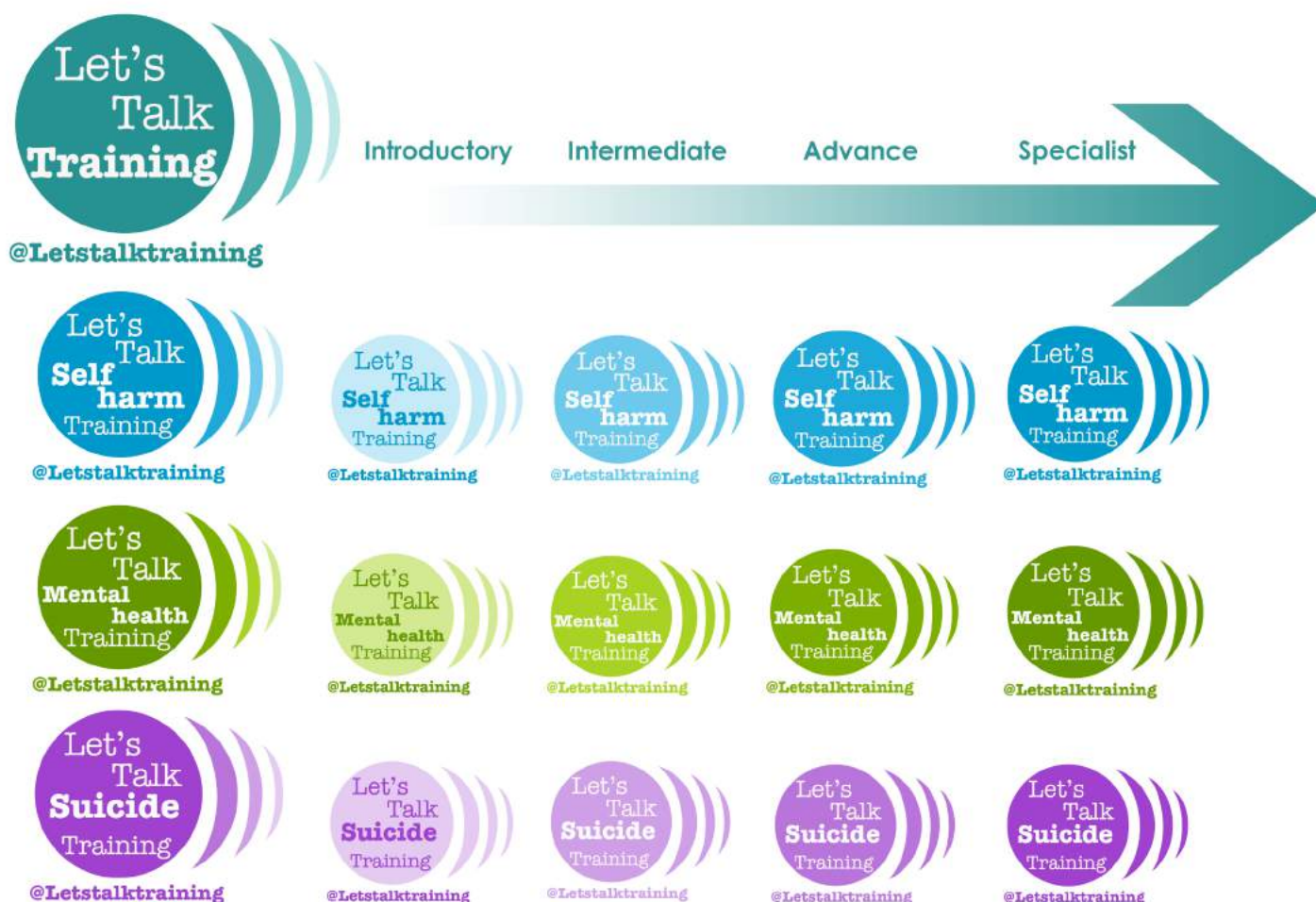


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Who we are:

Let's Talk training is the training operating arm of established mental health provider Harmless. The service delivers a range of specialist CPD accredited and bespoke training services UK wide, including externally accredited Mental Health First Aid (MHFA) courses and Applied Suicide Intervention Skills Training (ASIST).

Specialist training we can deliver includes:



Our training: Our specialist training will encourage you to explore your awareness, develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with. We will explore the impact that we, as service providers, can potentially have upon the health, well-being and recovery of those in distress and promote skills that can be used in intervention.

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Training that meets your needs:

“Excellent training. Open, honest and interactive! Incorporating real life and experiences to help understanding”

“The best training I have ever had!”

“Fantastic training day. Makes me feel more confident as a practitioner.”

Identify the most appropriate learning level for you...

Suitable for specialist mental health professionals who are interested in an enhanced level of training and CPD. Must have completed at least a level 3 course previously e.g. specialist mental health workers & nurses, crisis support workers, psychiatry.

Level 4
Specialist
Previous advanced level training

Suitable for frontline mental health workers whose role is in the provision of support to people with mental health difficulties and/or those in distress e.g. Mental health support workers & professionals e.g. mental health support workers & nurses, GP's, SENCO, psychiatry, psychology.

Level 3
Advance
Previous introductory level training

Suitable for frontline community staff whose role is involved in supporting people; these individuals may come into contact with those in distress or who have experience of mental health problems, but for whom this is not their primary role e.g. housing support, teaching staff, community support workers.

Level 2
Intermediate
Some existing understanding of mental health/associated conditions and/basic training

Suitable for the general public or individuals who have an interest in developing their understanding of mental health without having a specific professional responsibility for such work e.g. Friends/family, transport staff, reception staff, volunteers.

Level 1
Introductory
No prior training

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Bespoke Self harm Training Packages

Self harm affects a large number of individuals, of all ages and walks of life, yet is a complex issue to address and work with. Our courses are designed and delivered to the highest standard and specialism in the field of self harm. Developed in collaboration with service users, service providers, academics and policy makers, the broad learning experiences and outcomes will be tailored to delegate need.

We can deliver to small or large groups and have worked with all age delegates ranging from primary school age children through to senior health practitioners and ranging from one off workshops to respond to a very specific set of circumstances, through to large scale delivery contracts across local authority areas.

We provide an e-learning option across all learning levels.



Type	Length
Workshop	1 Hour
Half day	4 Hours



Full Day	7 Hours
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Full Day	7 Hours
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Two Day	14 Hours
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**Please speak with our
Training Co-ordinator
to discuss price and
product offers**

Learning themes:

(We can tailor any learning outcome to your needs)

- | | |
|--------------------------------|--|
| - Awareness raising | - Advanced skills |
| - Risk assessment/safety plans | - Policy, strategy & contextual issues |
| - Brief interventions | - Recovery |

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Bespoke Mental Health Training Packages

Let's
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Mental
health
Training

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Mental health affects 1 in 4 people per year. Those affected by mental health difficulties can include the individual as well as family, friends, professionals and people of all walks of life. You may be a manager looking to support an employee, or a frontline worker wanting to know how to respond and signpost. Feeling prepared to help someone facing mental health difficulties and have the understanding required to be effective and confident will directly influence the lives of those in distress.

Our courses are designed and delivered to the highest standard and specialism in the field of mental health and are developed in collaboration with service users, service providers, academics and policy makers. The broad learning experiences and outcomes will be tailored to delegate need. In addition we are providers of Mental Health First Aid Lite (MHFA Lite) and Mental Health First Aid (MHFA).

We can deliver to small or large groups and have worked with all age delegates ranging from primary school age children through to senior practitioners and ranging from one off workshops to respond to a very specific set of circumstances, through to large scale delivery contracts across local authority areas.

We provide an e-learning option across all learning levels.



Introductory



Intermediate



Advanced



Specialist

Type	Length
Workshop	3 hours
Half day	4 hours
Full Day	7 Hours
Full Day	7 Hours
Two Day	14 Hours

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Learning themes:

(We can tailor any learning outcome to your needs)

- Awareness raising
- Disorder specific content
- Effective ways of helping
- Challenging stigma
- Recovery & self help
- Policy & context

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Bespoke Suicide Awareness Training Packages

Let's
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Suicide
Training

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Having suicidal thoughts is a very common experience. Suicide is the biggest killer of young people in the UK, at a rate greater than Road Traffic Accidents and much more common in men, than in women. Those at risk of suicide often feel so overwhelmed by negativity and worthlessness that they feel they have no other option than to end their life. Yet with the right support and help people can survive.

Training in suicide awareness will help to increase your confidence and skills to respond and signpost to those at risk as well as their families, friends and professionals.

Flexible training packages can be designed for workplace specific needs and whether this is to enhance skills and awareness, or with a focus on a specific client group, we can work with you to define a training package with learning outcomes designed to meet your needs. In addition we are providers of Living Works courses: Applied Suicide Intervention Skills Training (ASIST) and SuicideTalk.

We can deliver to small or large groups and have worked with all age delegates ranging from primary school age children through to senior health practitioners and ranging from one off workshops to respond to a very specific set of circumstances, through to large scale delivery contracts across local authority areas.

Type

Length



Workshop
Half day

90 minutes
4 hours



Full Day

7 Hours



Full Day

7 Hours



Two Day

15 Hours

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Learning themes:

(We can tailor any learning outcome to your needs)

- Awareness raising
- Risk assessment/safety plans
- Challenging stigma
- Brief interventions
- Recovery
- Warning signs

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Bespoke PSHE & Educational Staff Workshops



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Flexible training packages along more general themes of emotional health and wellbeing can be designed for workplace specific needs and whether this is to enhance skills and awareness, or with a focus on a specific client group, we can work with you to define a training package with learning outcomes designed to meet your needs.

We can deliver to small or large groups and have worked with all age delegates ranging from primary school age children through to senior health practitioners and ranging from small workshops to respond to a very specific set of circumstances through to a large scale delivery contracts across local authority areas.

These courses and workshops are a popular option for education, large scale rollouts across schools and within PSHE. Helping to promote school based understanding, help seeking and emotional resilience for students.

We provide an e-learning option across all learning levels.

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Learning themes:

(We can tailor any learning outcome to your needs)

- Emotional health & well-being
- Brief interventions for young people
- Managing risk & its implications
- Peer contagion
- Stigma & misconception
- Resilience & recovery

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Standards you can expect from Harmless training...

Passionate:

Everyone at Harmless wants to make a difference and save lives. We work to great lengths to ensure we are providing an effective, friendly and life changing experience.

Interactive:

All our training packages cater for audio, visual and kinaesthetic learners. Deliveries incorporate discussions, role-plays, audio-visual and activity work to ensure all learning is embedded effectively.

Supportive:

After care is an important ethos of our organisation. If required, we offer drop-in support after training is delivered to provide support for anyone who might need it.

Knowledgeable:

All trainers are experts within the fields discussed.

Their own personal experience also adds to the experience. Giving you genuine understanding.

Flexible:

All of our training packages, excluding standardised training packages, are bespoke packages. This means we will cater the delivery to your organisations requirements. We understand that training is a partnership and therefore we will work with you to design learning outcomes that meet your needs.

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