

NAPPI uk Factsheet for: Mental Health Awareness Training of Trainer Course.



Mental Health Awareness Training of Trainer Course

The Mental Health Awareness Training of Trainer Course.

Many staff are apprehensive about working with individuals who have Mental Health issues. Raising an employee's awareness will increase their confidence to support individuals effectively and improve staff-retention rates.

The NAPPI Mental Health Awareness trainer programme provides materials, structure and facilitation skills to deliver a three-hour workshop.

Aim of this course:

Is to improve your training techniques and confidence when delivering interactive training to your staff. You will be taught the knowledge and presentation skills required in order to deliver a 3 hour long Mental Health Awareness workshop.

Method of training:

A variety of presentation skills including demonstrations, discussions and group work. Performance objectives are established and checked after each module. Participant's performance is monitored and certificates issued that identify the modules successfully completed.

This course includes:

- Training materials for 20 participants (additional materials available to purchase).
- Access to the online trainer support system.
- Auditing and certification of the workshops you deliver.
- Your trainer certification lasts for 2 years (after which point you will need to re-certify).
- Telephone support.

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Mental Health Awareness Training of Trainer Course outline.

During this course you will be taught the facilitation skills required to deliver a 3 hour Mental Health Awareness workshop that covers the following modules:

- Introduction and needs assessment
- Definition of mental health
- Identify who is at risk of a mental health problem
- Group factors
- Common groups of mental disorders
- Self-harm & suicide
- Risk factors of mental health disorders
- Coping & well-being

The trainer facilitation skills will cover:

- Discuss and learn new presentation skills
- Personal introduction (demonstration)
- Present Personal introductions
- Charting skills
- Common barriers to learning
- Developing a working alliance with participants
- Types of assessment
- Giving feedback
- Administration Procedures
- Reflection and feedback

Important points to remember:

- This one day course will start promptly at 9.00 am and finish at 5.00 pm. Please allow ample time to get to the venue and find parking (if necessary).
- There will be 2 x 15 minute comfort breaks, one in the morning and one in the afternoon. Tea, coffee and biscuits will be available during these breaks.
- There will be a 45 minute lunch break at a time decided upon by the trainer.