

# Anti Stigma Training (Renfrewshire): Understanding Mental Health UMH Training Dates & Registration Form

The **Understanding Mental Health** half day course complements the MINDSET and Mentally Healthy Workplace online courses. Understanding Mental Health will provide participants with valuable tools to deal with issues they may encounter in their professional and personal lives and reinforce learning, through discussion, questions, exchange of ideas and exploration of practical issues.

**The aim of this training session is to develop skills and understanding in:**

- Mental health
- Working with mental health issues
- What to do if you are concerned about someone
- The impact of stigma and discrimination
- Recovery

**Outcome:** to strengthen understanding of mental health issues in the community

## **Target Group:**

Understanding Mental Health half day course is aimed at staff that may not normally have access to any mental health training. It is not just health professionals, support workers and care staff who will work with people with mental health problems, receptionists, concierge staff, shop assistants, trades people, call centre staff, librarians etc will often come into contact with someone with a mental health issue at some point in their lives.

**Duration:** 3 hours

If you wish to attend this training, please complete the attached registration form; save it with your name and send it to the following email address:

 Tel No **01505 821800**      [HealthImprovement.Renfrewshire@ggc.scot.nhs.uk](mailto:HealthImprovement.Renfrewshire@ggc.scot.nhs.uk)

**Please note you must complete the registration form and forward it to us. You cannot attend the training if we do not have a completed registration form from you.**

SESSION	TARGET GROUP	DATE	TIMES
Understanding Mental Health	All staff	27 September 2017	9.30am – 12.30pm
Understanding Mental Health	All staff	25 October 2017	9.30am – 12.30pm
Understanding Mental Health	All staff	29 November 2017	9.30am – 12.30pm
Understanding Mental Health	All staff	13 December 2017	9.30am – 12.30pm

\* All training is booked for Charleston Centre, 49 Neilston Road, Paisley



**REGISTRATION FORM FOR UNDERSTANDING MENTAL HEALTH TRAINING**

TRAINING NAME	
DATE OF TRAINING	
NAME	
GENDER	
ETHNICITY	
JOB TITLE	
SERVICE DESCRIPTION	
WORKPLACE NAME	
SECTOR	
E-MAIL ADDRESS	
PLEASE CONFIRM IF WE CAN CONTACT YOU	YES: <input type="checkbox"/> NO: <input type="checkbox"/>

**PLEASE COMPLETE THE ABOVE FORM AND SEND BY EMAIL TO:**

[HealthImprovement.Renfrewshire@ggc.scot.nhs.uk](mailto:HealthImprovement.Renfrewshire@ggc.scot.nhs.uk)