



Mental Health Forum Training Programme Autumn 2020-Spring 2021

Free training for voluntary sector and
community groups in Cardiff and
the Vale of Glamorgan

Training 2020

Friday Nov 6th

10am -12 noon

**Who Does What
Where in Mental
Health**

Linda Newton

cavamh

Who Does What Where in Mental Health in Cardiff and the Vale of Glamorgan – an overview of services and how to access them.

A chance to find out, share and discuss the range of services available.

Thurs Nov 12th

10 am – 12 noon

**Minority Ethnic
Awareness**

Samira Salter

Diverse Cymru

Aims

Through the giving and sharing of information and experiences, the course aims to create a better understanding and raise awareness of the issues facing people from the Black and Minority Ethnic (BME) communities with mental health issues

With regards to mental health for participants to:

- Be aware of the cultural and religious issues faced by BME individuals.
- Explore how these cultural and religious issues may be addressed.
- Consider the reasons for the disproportionate BME referrals and detention.
- Explore the potential barriers that may be faced by BME individuals and consider possible solutions to these barriers.

If you would like to book on any of these training courses please contact Caroline@cavamh.org.uk or Linda@cavamh.org.uk or call 029 2022 2000.

All training will be held on Zoom.

This training programme has been funded by the Welsh Government Mental Health Improvement Fund, (Suicide and Self Harm Prevention) or provided free by agencies.

Wed Nov 18th

9.30am -1pm

**Suicide
Awareness**

Cardiff Mind

This course includes:

- Understanding Suicide
- Common Misconceptions
- Why people avoid direct talk about SUICIDE
- Statistics
- Ways people attempt/complete SUICIDE
- Warning signs/signals
- Factors associated with increased risk of suicide
- Emotional/behavioural changes associated with suicide
- How we can help?
- What to say and do / what not to say and do
- What works?
- Support organisations
- Antidepressants and suicide
- Recovery from a suicide attempt
- A worker's perspective / self-care

Training 2021

**Wednesday Jan
27th &**

Thursday Jan 28th

9am-1pm
(2 x 3 hr sessions)

**Suicide First Aid
through
Understanding
Suicide
Intervention**

National Centre for
Suicide Prevention
Education and
Training

The programme

teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide safety as a first aid approach.

For voluntary/ community/ statutory groups

Opportunity to register for City and Guilds level 4, 6 credit qualification (at cost- £85.00)

Tuesday Feb 9th

10am-12 noon

**Self Harm
Awareness**

Sal Ball

Self Injury Support

This course will offer participants the chance to:

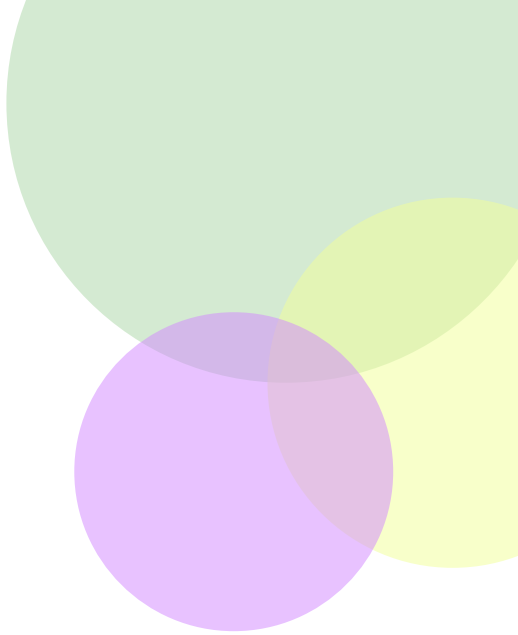
Consider what self-harm is, and to explore the underlying reasons why someone might use self-harm to cope.

Reflect on feelings and issues evoked for supporters of people who self-harm

Learn about what people who self-harm say helps them, and consider how to apply this in your setting/ situation

Think about your own self-care in the current challenging working environment

Further spring training tbc



Mental Health Forum

Cardiff & Vale Mental Health Forum is the network for any voluntary sector group with an interest in mental health operating in Cardiff and the Vale of Glamorgan.

The Mental Health Forum is part of cavamh (Cardiff & Vale Action for Mental Health)

If you are not a member but would like to join the forum please let us know!



The Cardiff and Vale Mental Health Forum is facilitated by cavamh, Registered Charity No. 1148312 / Company No. 8000094