

is this
course for
me?

Mental Health Study Day



www.etaltraining.co.uk

To commission this training

This training can be delivered in your area. To enquire about commissioning this Study Day please contact us and we will be delighted to discuss how we can help you.

info@etaltraining.co.uk

To attend this training

To see where this Mental Health Study Day is currently available please go to the Study Day diary at www.etaltraining.co.uk

Is this study day for you?

Approximately 1 in 4 people in the UK will experience a mental health problem each year.

Approximately 1 in 16 adults have Generalised Anxiety Disorder.

1 in 30 adults suffer with Post Traumatic Stress Disorder.

8.6 Million adults have suicidal thoughts.

For males and females aged 5 to 34 years suicide is the leading cause of death.

Primary Care is the first stop for most of these people, just as it is for physical health problems.

Do you feel equipped to recognise and ask about mental health issues?
If not, then this course is for you.

What is it about?

This course will help you know more about mental health and ill health. We will talk about the issues that people find it hard to talk about such as suicidal feelings and self harm. We will look at common mental health problems and the key features, what to look out for and how to recognise. Importantly, we will equip you with ways of asking about and speaking to patients about mental health that mean that will reduce those common anxieties such as 'opening a can of worms' or 'making things worse'.

We will talk about what help is available and how to understand the services that you refer to, what kind of help do patients receive in secondary and tertiary care and what are the different therapies that people talk about.

In a nutshell, primary care is as responsible for mental health as physical health, if you want to increase your confidence and knowledge about mental health then this is the course for you.

Led by a Clinical Psychologist; an interactive, fun and informative learning experience with an opportunity to talk about all topics mental health.

*If you are thinking of commissioning training in your area
we would love to chat through what we could do to help
you achieve your training goals.*



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What happens on the day?

09.15 Registrations and introductions

09.30 Introductions – Ask your question to see if we can answer it during the day.

09.50 Mental health stats and language

10.00 Anxiety and Depression: Understanding and Assessing

11.00 Tea and coffee

11.20 Asking about mental health – how to ask the difficult questions and what to do with the answers.

12.45 Lunch

13.30 Talking about & understanding suicidal feelings and self harm.

14.45 Tea and Coffee

14.50 Understanding other services, who are they, what are the different roles and what treatments do they do?

15.30 Putting it all into practice.

16.00 Close and evaluations

What's the Result?

At the end of the day delegates will:

- Understand the importance of asking about mental health in Primary Care
- Understand the principles of diagnosis and management in primary care
- Understand the presentation and symptoms relating to key diagnosis
- Appreciate recent research

“Ali is amazing, unbelievably knowledgeable and was able to answer all questions.

All the team kept everyone's attention all day. Best training I've been to for a long time”.



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