

New Courses available for Booking now with Middlesbrough and Stockton Mind Training

ASIST

23rd & 24th August
27th & 28th September

Self Harm

20th September
12th November

Please contact us for prices and availability on 01642 803727 or rebecca.rutherford@middlesbroughandstocktonmind.org.uk

ASIST – Applied Suicide Intervention Skills Training (a ‘suicide first aid’ course) - a nationally recognized two day suicide first aid course which will help people become more willing, ready and able to help persons at risk of suicide. It is an intensive, interactive and practical course designed to help professionals, family and friends learn how to intervene to prevent the immediate risk of suicide, develop a plan to increase safety from suicidal behavior for an agreed amount of time and follow up on safety commitments and access to further help as needed.

Please note: Whilst this course is suitable to everyone who wants to gain the skills to help people at risk of suicide we recommend the completion of the Mental Health First Aid course or mental health awareness course before attending the ASIST course if you have little or no knowledge or experience of mental health issues.

Please note: This course can be linked with Safetalk - those trained in Safetalk will connect people at risk of suicide with ASIST suicide intervention practitioners to offer a wider network of understanding and support.

Self Harm Awareness and Supporting People Who Self Harm – A new course delivered in two half day modules, or a combined one day course to enable professionals and those who support others to have greater understanding of self harm, and to learn how to support and signpost effectively.

Coming soon.... Register your Interest

Youth Mental Health First Aid (YMHFA) – for those working with and supporting young people aged 11-18. This two day nationally recognized course will enable those who work with young people to recognise when a young person is experiencing mental or emotional distress, how to offer effective help and support and to know how to access further help and support from other services if required.

Safetalk - Suicide Alertness For Everyone - half-day nationally recognized training to learn to identify people with thoughts of suicide and connect them to suicide first aid resources. This training prepares people to be a suicide alert helper by following the TALK steps (Tell, Ask, Listen and KeepSafe). These steps offer initial help in order to connect people having thoughts of suicide with more specialised support. SafeTALK is suitable for professionals and community members.

Please note: This course can be linked with ASIST - those trained in Safetalk will connect people at risk of suicide with ASIST suicide intervention practitioners to offer a wider network of understanding and support.

WRAP – Wellness Recovery Action Planning Training - This new and innovative training will enable professionals, community members and family and friends to work with people to develop their own WRAP. WRAP is an innovative and valuable tool to enable people to plan their own recovery journey, to put in place support to become and stay well and to plan what will work best if they become unwell.

Mental Health and Physical Activity Course – This course is for those who provide services or care for others to support and encourage positive mental health through physical activity. The training will be useful for Leisure Services, County Sports Partnerships, Natural England, and staff who provide service interventions – for example Health Trainers, voluntary sector organizations and Occupational Health services.