

# NHS Grampian & HSCPs Staff Stress and Mental Health Improvement Training

**touchbase...**  
Mental Health Training  
Calendar 2019-2020

If you would like to know more about common mental health problems and how to deal with these, there is a range of training courses available which may be suitable for your needs.



Courses for individuals or groups – 2019-20	When & Where?
Scottish Mental Health First Aid Course – Adult <i>(2 days face to face)</i>	26-27 Aug, Elgin • 9-10 Oct, Inverurie • 10-11 Dec, Aberdeen • 10-11 Mar, Aberdeen
Scottish Mental Health First Aid Course – Young People <i>(1 day face to face and 1 day virtual learning)</i>	12 June, Elgin • 29 Aug, Fraserburgh • 2 Oct, Elgin • 3 Oct, Turriff • 12 Nov, Aberdeen • 29 Jan, Elgin
Stress Awareness and Management for Managers <i>(3.5 hours)</i>	10 June, Aberdeen • 11 Nov, Inverurie • 25 Feb, Elgin
Stress Awareness for Staff <i>(1.25 hours)</i>	3 June, Aberdeen • 10 Sept, Elgin • 7 Oct, Fraserburgh • 8 Oct, Inverurie • 18 Nov, Peterhead • 20 Nov, Aberdeen • 17 Feb, Elgin
Relaxation Workshop for All Staff <i>(1.25 hours)</i>	9 Sept, Aberdeen • 17 Sept, Inverurie • 8 Oct, Elgin • 19 Nov, Fraserburgh • 20 Jan, Aberdeen • 18 Feb, Inverurie • 24 Feb, Peterhead • 16 Mar, Elgin
Sleep Workshop for All Staff <i>(1.5 hours)</i>	16 Sept, Aberdeen • 14 Oct, Inverurie
IMPACT Training <i>(2 hours)</i>	18 April, Aberdeen • 25 June, Aberdeen • 29 Aug, Aberdeen • 7 Nov, Aberdeen
Mindfulness Mondays <i>(45 minutes)</i>	Aberdeen only • 27 May • 24 June • 29 July • 26 Aug • 30 Sept • 28 Oct • 25 Nov
ASIST – Suicide Prevention <i>(2 days face to face)</i> <i>For booking please contact Jacqui Mackintosh directly - Email: j.mackintosh@nhs.net or Tel: 01224 556739</i>	Aberdeen only • 13-14 May • 13-14 June • 18-19 July • 9-10 Sept • 10-11 Oct • 21-22 Nov • 12-13 Dec

## The following courses can be requested for 8 or more participants:

Work Positive: Managing Organisational Stress – for Managers <i>(Based on HSE Management Standards - 1 day face to face)</i>	Trauma Risk Management (TRiM) Intervention <i>(1 hour initially - may require a number of interventions)</i>
Mentally Healthy Workplace training for Managers <i>(for 8 or more NHS Staff only - 1 day face to face and 3 hours virtual learning)</i>	Value Based Reflective Practice <i>(depending on the situation)</i> <i>Details on request</i>
Attitudes in Mental Health <i>(2 hours)</i>	Drugs and Alcohol – for Managers <i>(3 hours)</i>
Sleep – Working Towards Good Health <i>(1.5 hours)</i>	SuicideTALK <i>(1-3 hours)</i>
Recovery in Mental Health <i>(1.5 hours)</i>	Promoting Resilience <i>(for 8 or more NHS Staff only - 3 hours)</i>

## For all course enquiries and to book your place, please contact:

Mental Health Team Administrator

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