

Mental Health & Wellbeing

Training & awareness

Training & awareness sessions

Course title	Description	Format	Cost & time	Organiser	Contact person
ASIST	Become more suicide alert: recognise people asking for help, understand the barriers people face. Practice providing guidance and suicide first aid to a person at risk, meeting their individual safety needs	In person	Free 2 days	NHS WI	Elaine.Mackay3@nhs.scot or Marion.Matheson1@nhs.scot or wi.publichealth@nhs.scot
Blues programme	Wellbeing programme for young people aged 13-19. Over six weeks, it teaches emotional resilience and reduces low mood and anxious thoughts.	Hybrid	Free	NHS WI	Margaret.Drummond@nhs.scot or Elaine.Mackay3@nhs.scot
Brain Health Awareness Session	There are 14 potentially modifiable risk factors, things we individually can change within our lifestyle, which account for 40% of Dementias worldwide. Be empowered to look after our brain health and reduce the risk of developing the disease.	Face to face	Free	Alzheimer's Scotland	Edonnelly@alzscot.org or Westernisles@alzscot.org
Breathing space (NHS 24)	Information session to find out about the suite of mental health services provided by NHS 24, with a particular focus on Breathing Space, Scotland's free and confidential phone line and web chat service.	Online	Free 45 mins	NHS WI	Norma.macleod1@nhs.scot or lisa-jane.dock@nhs24.scot.nhs.uk
Compassionate and Connected Communities Training	Recognise the importance of positive, nurturing relationships in protecting children from the impact of adversity and trauma.	Hybrid	Free	NHS/Ed Psych	Margaret.Drummond@nhs.scot or Elaine.Mackay3@nhs.scot
Decider Skills	Teach children, young people and adults the skills to recognise their own thoughts, feelings and behaviours, enabling them to monitor and manage their own emotions and mental health.	Hybrid	Free	NHS WI	Margaret.Drummond@nhs.scot or Elaine.Mackay3@nhs.scot
Dementia friends' information session	Find out more about the challenges people can face living with dementia, you can also learn new strategies to help people live well with the disease.	Face to face	Free	Alzheimer's Scotland	Edonnelly@alzscot.org or Westernisles@alzscot.org
Impact Training (smoking)	Mental effects of smoking on mental health medication, facilitating discussion about smoking and mental health, e-cigarettes (vaping) & local services to help support.	Online / Face to face	Free 3 hours	Smoking cessation co-ordinator/ Ash Scotland	Margaret.ralston@nhs.scot or wi.publichealth@nhs.scot

Introduction to NHS Western Isles Mental Wellbeing website	An introduction to NHS Western Isles Mental Wellbeing website, highlighting the tools, guides, and resources it offers for individuals managing their own mental health, as well as for those supporting others.	Online	Free 30 mins	NHS WI	alison.macdonald09@nhs.scot or wi.publichealth@nhs.scot
Looking after your Mental Health	Identify key stressors, mental health and the mental health continuum, recognise effects of stress & importance of coping mechanisms.	Online / face to face	Free	NHS WI - Healthy Working Lives	Norma.macleod1@nhs.scot or wi.publichealth@nhs.scot
Mentally Healthy Workplaces	Identify key factors that contribute to a mentally healthy workplace, a broad understanding of mental health in the workplace, awareness of responsibilities in relation to health and wellbeing & increased confidence in dealing with mental health issues in the workplace.	Online / face to face	Free	NHS WI - Healthy Working Lives	Norma.macleod1@nhs.scot or wi.publichealth@nhs.scot
Responding to CYP at risk of self-harm (Children & Young People)	Recognise and respond to CYP at risk of self-harm.	Hybrid	Free	NHS WI	Margaret.Drummond@nhs.scot or Elaine.Mackay3@nhs.scot
Responding to people at risk of distress and crisis (Children & Young People)	Recognise and respond to CYP at risk of distress and crisis.	Hybrid	Free	NHS WI	Elaine.Mackay3@nhs.scot or wi.publichealth@nhs.scot
Responding to people at risk of distress and crisis (Adult)	Recognise and respond to people at risk of distress and crisis.	Hybrid	Free 3 hours	NHS WI	Elaine.Mackay3@nhs.scot or Marion.Matheson1@nhs.scot or wi.publichealth@nhs.scot
Responding to adults at risk of self-harm (Adult)	Recognise and respond to people at risk of self-harm.	Hybrid	Free	NHS WI	Elaine.Mackay3@nhs.scot or wi.publichealth@nhs.scot
Responding to people at risk of suicide (Adult)	Recognise and respond to person at risk of suicide.	Hybrid	Free	NHS WI	Elaine.Mackay3@nhs.scot or wi.publichealth@nhs.scot
Responding to people at risk of suicide (Children & Young People)	Recognise and respond to CYP at risk of suicide.	Hybrid	Free	NHS WI	Margaret.Drummond@nhs.scot or Elaine.Mackay3@nhs.scot
Scottish Mental Health First Aid (SMHFA)	Designed to equip individuals with the knowledge and skills to support someone experiencing a mental health problem or crisis, SMHFA provides a first response in mental health emergencies, much like physical first aid does for injuries or illness	Face to face	Free 12 hours	NHS WI	Norma.macleod1@nhs.scot or wi.publichealth@nhs.scot

Suicide TALK	Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?"	Hybrid	Free	NHS WI	Elaine.Mackay3@nhs.scot or wi.publichealth@nhs.scot
Trauma Awareness Training	Knowledge of trauma and its effects, Skills for workers to be trauma aware and some to be trauma skilled.	Online	Free	ADP/ SDF	wi.ohadp@nhs.scot or Angela.grant4@nhs.scot
Triple P	Multi-level system of support to prevent and treat social, emotional and behavioural problems in children by enhancing parent knowledge, skills and confidence.	In person	Free	NHS WI/ CnES & Third Sector	Marion.Matheson1@nhs.scot or mmacaulay1p@gnes.net
Understanding Stigma: Promoting inclusive attitudes and practice	Knowledge and skills to understand and address alcohol and drug related stigma.	Online	Free	ADP/ SDF	wi.ohadp@nhs.scot or Angela.grant4@nhs.scot

Modules

Health behaviour change: Level 1	This module is for anyone who wants to learn more about health behaviour change and who has (or thinks they could have) a role in improving health.	Online module	Free 2 hours	Public Health Scotland	Course: Health behaviour change level 1 PHS Learning
Health behaviour change: Level 2	This module builds on learning covered in module HBC Level 1 and is part of a blended learning course in health behaviour change. It provides the background theory to techniques used in supporting change.	Online module	Free 2 hours	Public Health Scotland	Course: Health behaviour change level 2 PHS Learning

Online options:

Organiser	Description	A direct link to the site or copy & paste the lower link into your toolbar.
Alzheimer's Scotland	An online space where people can access information sessions and training sessions	Virtual Resource Centre Alzheimer Scotland or www.alzscot.org/virtual-resource-centre-0#:~:text=You%20can%20access%20a%20range,technology%2C%20and%20support%20and%20services.

Open University	A world leader in open and distance learning	Health, Sports & Psychology - Free courses OpenLearn - Open University or www.open.edu/openlearn/body-mind/free-courses?filter=date/grid/201/all/all/all/all
Public Health Scotland	A range of learning resources on public health and health inequalities	Course: Mental health improvement, self-harm and suicide prevention PHS Learning or www.learning.publichealthscotland.scot/course/view.php?id=620
Samaritans	Training and Engagement Programmes to support organisations to train people and teams to spot and support anyone struggling to cope.	Samaritans Training and Engagement Programmes for Workplaces Suicide prevention training or www.samaritans.org/how-we-can-help/workplace/workplace-staff-training/?gad_source=1&gclid=EAlaIQobChMI3cf2ytfeiQMV0pNQbh2ggAd3EAAYASAAEgK6T_D_BwE
See Me	Introducing participants to how mental health stigma and discrimination impacts people in work	E-Learning End Mental Health Stigma and Discrimination or www.seemescotland.org/e-learning/

*Information correct at the time of publishing, if you have any queries or updates, please contact wi.publichealth@nhs.scot for the attention of Alison.