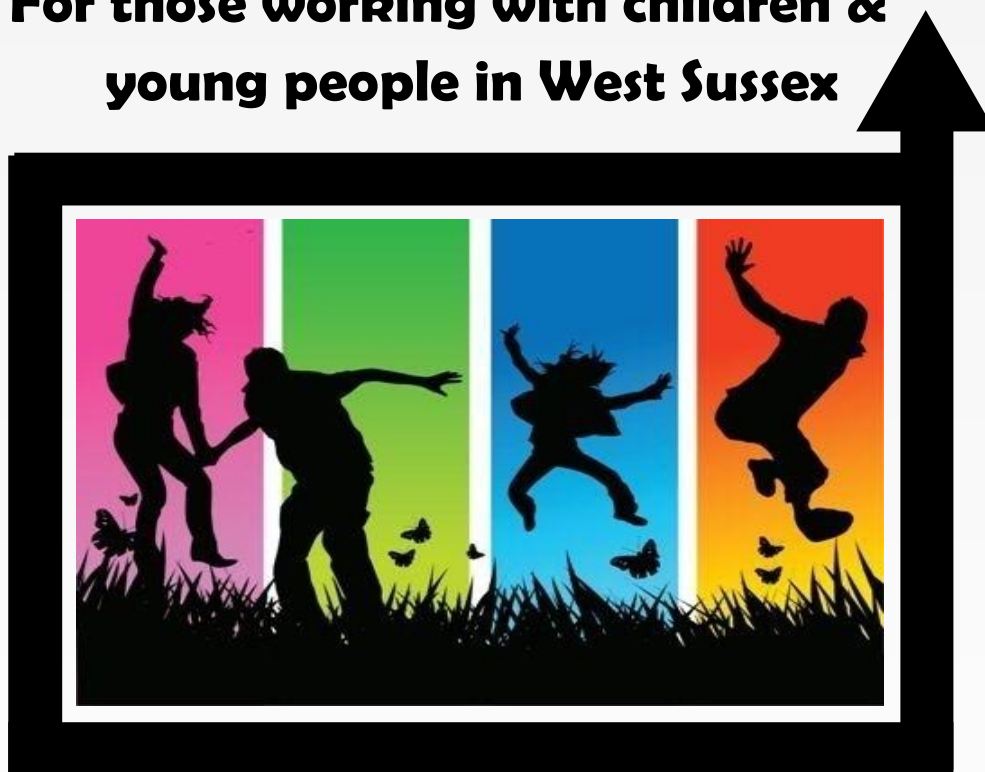


MENTAL HEALTH TRAINING PROGRAMME

**For those working with children &
young people in West Sussex**



June 2018—March 2019





let's end mental health discrimination

The aim of Time to Change is to encourage us all to be more open about our mental health, and to start conversations with those who might need our support.

How can you get involved?

Everyone can get involved in many different ways!

You can:

1. Explore this website: <https://www.time-to-change.org.uk/get-involved>
2. Add your name to the Time to Change pledge wall
3. Bring time to change to your workplace:
www.time-to-change.org.uk/get-involved/get-your-workplace-involved
4. Become a time to change champion! For more information, register at: www.time-to-change.org.uk/get-involved/time-change-champions/register-champion
5. If you are a school or college there is specific support: <https://www.time-to-change.org.uk/get-involved/get-involved-schools/free-resources/school-leaders>



Time to Change so far

Time to Change West Sussex will build on the work of the national Time to Change movement.

Nationally, Time to Change have coordinated awareness raising and social contact events, national television and media campaigns and have printed and distributed millions of leaflets.

This work has created a reported improvement in attitudes by 3.4 million people since 2007, towards mental health problems.

More than 473 organisations have signed the Time to Change employers pledge.

Time to Change West Sussex is a partnership of organisations & individuals

Our aim is to get West Sussex really linked into this movement by:

- Increasing the number of employers signing up to the pledge
- Recruiting champions to help make West Sussex a place where people are less likely to experience stigma about their mental health in both the workplace and other settings

Would you like to know more?

Email us: ttcwestsussex@coastalwestsussexmind.org

Tel: 01903 277000 ask for Louisa Hernandez

www.coastalwestsussexmind.org www.time-to-change.org.uk

THE TRAINING PARTNERSHIP

West Sussex County Council and West Sussex CCGs are funding a training programme of mental health awareness and suicide prevention awareness training and workshops.

WHO IS THE TRAINING FOR?

This training is primarily for staff and volunteers working with children and young people in public-facing settings across West Sussex.

WHO DELIVERS THE TRAINING?

The lead agency for this initiative is Coastal West Sussex Mind.

Supporting the training programme are partners Sussex Partnership Trust, Allsorts Youth Project, Autism Sussex, Grassroots Suicide Prevention, Joint Diversity, LifeCentre, Rethink Mental Illness, YMCA Downslink Group, TVI and Change, Grow, Live.

AM I ELIGIBLE TO APPLY FOR A COURSE?

In order to apply for any of these courses you need to meet this criteria:

- You can attend the entire session(s)
- You are working or volunteering in West Sussex in the voluntary or public sector
- You are working directly with young people with emotional and mental health issues

If you have any questions regarding eligibility, please contact the training team.

HOW CAN I BOOK?

More detailed information about each course, as well as booking information can be found on our Eventbrite page here:

<http://www.eventbrite.co.uk/o/coastal-west-sussex-mind-8288439768>

If you have any further questions contact the Coastal West Sussex Mind training team.

IS THERE A COST?

We ask for a **non-refundable fee of £15.00 - £60.00 per person, per course**. This helps towards refreshments and registration costs.

Please do not book on a course unless you are certain you can attend, as the courses are very popular and are very heavily subsidised, to reduce the cost to you.

IN-HOUSE COURSES

It may be possible for us to deliver a **funded in-house course** at your workplace at a date and time agreeable with you, if you are able to provide a suitable room and manage the course bookings. You can either host the full event or part-host, providing the venue and filling some of the spaces. We can take care of booking the remaining places to fill the course.

You can book any **one** of the courses listed—please request a booking form. We can be flexible with the date and time **as long as we have a trainer available** to run your event.

HELPFUL RESOURCES

MindEd: There is a free e-learning resource on all aspects of children and young people's mental health at: <https://www.minded.org.uk/>

Time to Change: You can find helpful resources about helping support children in schools here:

<https://www.time-to-change.org.uk/get-involved/get-involved-in-schools>

COURSE DATES 2018

June

**29.06.18
WORTHING**

**Motivational & Creative Learning in
Young People with Autism**
Autism Sussex

July

**02.07.18
SHOREHAM**

Youth Mental Health First Aid Lite
Coastal West Sussex Mind

**05.07.18
BOGNOR REGIS**

Computer Games - Addiction or Aid?
YMCA Downslink Group

**13.07.18
CHICHESTER**

A Short Guide to the Adolescent Brain
YMCA Downslink Group

**13.07.18
HORSHAM**

**Anxiety, Low Mood & Building Resilience in
Primary Age Children**
YMCA Downslink Group

**17.07.18
WORTHING**

Supporting LGBTU Young People
Allsorts Youth Project

**17.07.18
WORTHING**

Sexual Abuse & Males
LifeCentre

Sept

**11.09.18
WORTHING**

**Providing Practical Support for Young People
Suffering with Eating Disorders**
The Raphael Institute

**13.09.18
CHICHESTER**

Understanding Sexual Abuse
Lifecentre

More listings on
the next page



COURSE DATES 2018/2019

Oct

03.10.18
HAYWARDS HEATH
Mental Ill-health & Substance Misuse
for Young People under the age of 18
Change, Grow, Live

Nov

09.11.18
BILLINGSHURST
Bereavement & Loss in Primary Age Children
YMCA Downslink Group

13.11.18
SHOREHAM
Supporting LGBTU Young People
Allsorts Youth Project

16.11.18
BILLINGSHURST
Understanding & Managing Bullying in
Primary Age Children
YMCA Downslink Group

Dec

06.12.18
CRAWLEY
Computer Games - Addiction or Aid?
YMCA Downslink Group

Jan
'19

16.01.19
HAYWARDS HEATH
Introduction to Motivational Interviewing
Joint Diversity

18.01.19
WORTHING
Bereavement & Loss in Primary Age Children
YMCA Downslink Group

22.01.19
WORTHING
Providing Practical Support for Young People
Suffering with Eating Disorders
The Raphael Institute

25.01.19
CHICHESTER
Introduction to Motivational Interviewing
Joint Diversity

29.01.19 &
30.01.19
WORTHING
Youth Mental Health First Aid
(Two Day Course)
Coastal West Sussex Mind

More listings on
the next page



COURSE DATES 2018/2019

Feb

07.02.19
BURGESS HILL

Supporting Trans Children & Young People
Allsorts Youth Project

12.02.19
SHOREHAM

Understanding Sexual Abuse
Lifecentre

Mar

22.03.19
CHICHESTER

Advancing your Motivational
Interviewing Skills
Joint Diversity

MORE DETAIL TO COME...

These are the courses we have scheduled to date, however there are further courses that are not yet confirmed. More courses may be available through the year, so please look out for updates.

CONTACT US

If you have any further questions contact the Coastal West Sussex Mind training team:

training@coastalwestsussexmind.org

01903 277010