

The Guide Digital Mental Health Literacy for All Y Canllaw Digidol Llythrennedd Iechyd Meddwl i Bawb



**Free training available to professionals and volunteers
working with young people across Wales**

Supporting and safeguarding children is everybody's business. To help build supportive, responsive and skilled communities for children to be raised means sharing knowledge and understanding with all those involved in helping children learn, grow and develop to reach their potential.



The Guide Digital training is:

- ✓ available **free** for a limited time
- ✓ suitable for professionals and volunteers supporting young people
- ✓ designed to improve Mental Health knowledge and understanding
- ✓ designed to reduce stigma
- ✓ designed to support young people to increase help-seeking behaviours
- ✓ evidence-based

For booking and enquiries, please email: GuideDigital@actionforchildren.org.uk

There's an African proverb: **'It takes a village to raise a child'**, does that really apply today?

"Equipping young people to maintain good mental health, support peers and access support when required is one of the big challenges for our society. Providing some of the essential building blocks within education is a great opportunity to really turn the tide on mental health." ~ **Dr Dave Williams, Consultant Psychiatrist, Aneurin Bevan Health Board**

Action for Children believes that equipping whole communities to support and nurture children is the way to ensure all our children grow, develop, and learn in a safe and healthy environment. So, we're rolling out our digital Guide training to anyone who wants it in Wales.

We've been delivering The Guide to schools across Wales since 2018 and The Guide Digital since 2020, the feedback has been positive. It equips professionals with enough knowledge and confidence to help prevention and assist early identification of mental disorders.



Guide Digital training is delivered via Microsoft Teams in groups of up to 15 people over four sessions of 2½ hours each. Training can be booked as a group or as individuals.

All 4 sessions need to be attended, due to the nature of the training.

CPD certificate (10 hours) awarded on completion of all four sessions.

Completion of a Pre and Post Training Questionnaire is required.

Overview of Guide Digital Delivery Content:	
<p>Session 1</p> <ul style="list-style-type: none"> ✓ Introduction & Brief overview of The Guide ✓ What is Mental Health Literacy ✓ Mental health Terms, Meaning and Language ✓ COVID Experience ✓ Understanding Stigma 	<p>Session 2</p> <ul style="list-style-type: none"> ✓ Review & Feedback from Session 1 ✓ Understanding Stress & Stress Response ✓ COVID Response ✓ An overview of Common Mental Disorders <p><i>Self-study task (approx. 1hour) prior to session 3</i></p>
<p>Session 3</p> <ul style="list-style-type: none"> ✓ Common Mental Disorders ✓ Feedback from Self-study task ✓ COVID Recovery 	<p>Session 4</p> <ul style="list-style-type: none"> ✓ Recognising a Mental Disorder ✓ Treatment & Recovery ✓ Acting on Concerns ✓ Break-out for group task ✓ Feedback session from group task ✓ Summary & Close



Feedback from participants:

This will change the way you think about Mental Health.

A really worthwhile course to attend, providing an understanding of mental health for young people which is also relevant across all age groups. A real insight into mental health and clears up lots of misconceptions and misunderstandings that people may have.

Very informative and worthwhile –dispels the misconceptions surrounding mental disorders.

I think this training is something that everyone who works with young people should have the opportunity to attend as the information and resources are invaluable!

The training was excellent. The course has given me greater knowledge and confidence to support the mental health of pupils within the school and indeed within the wider community.

A really informative training event which helps you reflect on the language you use when talking about mental health, and provides lots of opportunity for reflection on all things mental health.