

Mental Health Course for Carers - KS2 & St Mungo's

Supporters who come on the course have usually been caring for over a year and are looking to enhance the way they provide support. The training consists of four, weekly, sessions of 2 hours and 15 minutes for family and friends supporting someone with a mental health need.

The four sessions are:

Understanding Mental Health Challenges

- An opportunity to explore what it can be like to experience mental health challenges and how mental health needs can impact on people's behaviour.

Conflict and Crisis

- Reducing and managing conflict and crises with the person you support.

Support People with Mental Health Needs to Make Changes

- To explore some of the challenges of supporting people to make changes and introduces some techniques for working with change.

Learning, Reflecting and Support

- To be better able to establish clear boundaries, positive communication and relationships.

For a more detailed overview of the sessions, visit: <https://www.bridges2wellbeing.co.uk/carers-training>

Resource Pack

Participants receive a resource pack which includes the models and tools from the four sessions, it will also include additional resources.

KS2 Carers group commissioned the training which was developed in collaboration with carers and Avon & Wiltshire Mental Health Partnership (AWP).

It is delivered by St Mungo's Building Bridges service and a KS2 carer.

Is there a cost?

No, this activity is free of charge.

Who is this aimed at?

Men and women, younger adults only

Contact Details

St Mungo's

Phone: 07825 115 775

Email: ralph.lillywhite@mungos.org

When & where does it start?

Thursday 14th July	13:00 - 15:30	4 sessions	Online via Zoom - - 07825 115 775
Thursday 3rd November	18:00 - 20:30	4 sessions	Online via Zoom - - 07825 115 775

Booking is essential to ensure your place on the activity. Most courses are free but if a charge applies, that is indicated above.

Call 01225 831 820 or email enquiries@wellbeingcollegebanes.co.uk for more information or to book your place.

www.wellbeingcollegebanes.co.uk