

Training Packages for Other Organisations

The Recovery Academy believes that mental health is everybody's business and that every interaction is a possible intervention to help someone. The more we normalise supporting people to maintain good mental health, the more we will reduce the stigma associated with mental health and addiction difficulties. We know that stigma is what stops people asking for help. Let us help you to help your workforce to reduce mental health stigma starting today!

We can provide you with learning that is co-produced and co-delivered between our Recovery Academy experts who come from a range of backgrounds (service users, carers, nurses, social workers, psychologists, psychiatrists, occupational therapists). Please get in touch to discuss your needs. You can e-mail us at recoveryacademy@gmmh.nhs.uk, or telephone us on 0161 358 1771.

We can develop learning to meet your specific service needs and can facilitate either face to face or via a live webinar using Microsoft Teams. We also have a range of e-learning products.

Many non-mental health specialist frontline services have asked us for mental health awareness type courses and we are happy to support services to:

- Gain a key understanding of emotional distress and common coping skills individuals may adopt;
- Consider the impact of trauma's on people's behaviours;
- Learn core skills to engage effectively with individuals in distress; and
- Gain an understanding of mental health support services and be equipped with signposting information.



We will even supply your staff with a badge – NHS Mental Health Trained by GMMH Recovery Academy.

Furthermore, we can offer you our Healthy Minds for Healthy Lives Buddy training. Healthy Minds for Healthy Lives Buddy's will take on a role within your organisation of promoting good mental health in the workplace and contribute to a change in how mental health is viewed and supported. Through the training they will be equipped with the key skills to support someone in distress and will be able to practice these skills to support their colleagues when they need it using effective problem-solving skills through evidence-based techniques.

Please get in touch to receive a unique training proposal that will meet your specific learning needs.

"Our course was excellent and relevant to assist with our work in the community. The signposting information, active listening skills, guidance on empathy and engagement was excellent. Excellent, knowledgeable trainers with great dynamics. It was really helpful to have someone with lived experience of mental health difficulties delivering the training. Couldn't recommend it more!" (MP's, Mental Health Awareness, July 2019)

"All the activities related back to the position of Customer Service Representatives and how front-line staff deal with people in distress or who require extra support out on our network. In addition to this, the content was very applicable to all employees, in particular useful to first-time line managers. I think with the current situation; mental wellbeing should be a priority for all. This type of workshop would really help individuals reflect on their mental health, enable some difficult conversations to be had and stop the use of mental health labels" (Metrolink, Mental Health Awareness, October 2020)

