Mental Health Support Team Training and Launch

14 - 15 October 2021 www.dmu.ac.uk/mhst

$ IUHH ZHELQDU WUDLQLQJ HY-H6 EQKVRRRF X0 HLQQWDRQ+HKDRQOWHK ZKLF
ZLOO ODXQFK WKH UROO RXW RI WKH QHZ 0HQWDO +HDOWK 6X DPV
VHUYLFH DFURVV /HLFHVWHU /HLFHVWHUVKLUH DQG 5XWODQG

7KXUVGD\ 2FWREHU

0HQWDO +HDOWK 6XSSRUW WKH UROO RXW RI WKH PHQWDO KHDO
/HLFHVWHUVKLUH DQG 5XWODQG
,PUDQ 0DKRPHG 0DULH &KOOR0 %HQ%UHZVWHU DQG OD WLD -DPHV

$Q LQWURGXFWLRQ WR $'+' DQG :RUN :RUNV &ROODERUDWLRQ WR LPSURYH
$'+' 6ROXWLRQV +DOO 7UDLQLQJ %HQHILWV RU \RXQJ SHRSOH/DFFKH
DQG $'+' 6SHFLDOLVW &RDFK 'UHFWRU RX<RXWK :RUN DW WKH 1DWLRQDO <RXWK $JHQF\
&,&

6LJQLILFDQW 0HQWDO ,OOQHVV LQ WKH &ODVVURRP
DQG ZKDW WR G R +DEQRXW LWDNH $FWLQJ $ 7UDXPD ,QIRUPHG &XUULFXOXP 0RGHO
/HFWXUHU LQ 0HQWDO +HDOWK 1XUVLQJ 3V\FKLDWULF &XUULFXOXP /HG 6W $QGUHZ
$VVHVV /HDGHU RI /HDUQLQJ +RVSLWDO DQG &RQGHJH
2XWUHDFK (GXFDWLRQ

.HHS WKH FODVV\ DFWLYH RI H[HUFLV
FKLOGUHQ DQG \RXQJ SHRSOH DQG GDQFH 6WXGLR
$VVLVWDQW 3K\VLRWKHUDSLVW DW /HL
)XWXUHV LQ 0LQG &OXE

3DUWQHUVKLSV DQG UHODWLRQVKLSV D 7KURXJK
VFKRRO DSSURDFK WR E\PHQWDO KHDOWK 7KH $FDGHPLF 5HVLOLHQFH SSSURDFK DQG GLJLWDO /LWHUDF\ VW &HQWXU\ &XUULFXOXP DQG
1LFRO 3UHVLWLRQV LPSOHPHQWDWLRQ LQ 5XUDO &RPPXQLWLHV 6RFLDO 0HGLD 6HOI+DUP 0RUUZ <RXWK :RUN 6SHFLDOLVW DW WKH 1DWLRQDO
DQG ,QWHUQDWLRQDO ,QVLWXWH IRU 5HVHDUFK DQG /O 7DUHW $VVHVVPHQW 2XWFRPH 7KHG (XFDWLRQDO <RXWK $JHQF\
3UDFWLFHV *UDGXDWH 6FKRRO 8 6 $

6XSSRUWLQJ WKH ZKROH VFKRRO DSSURDFK WR PHQWDO KHDOWK
RI SRVLWLYH PHQWDO KHDOWK
DQG ZHOOEHLQJ
3RROH 7KH &KDUOLH :DOOHU 7UXVW

7KH QXUWXULQJ DSS
LQ SULPDU\ VFKRO
3HQQ\ 5DZOLQJV 1X
/HDG 3UDFWLWLRQ
5XWODQG

6XSSRUWLQJ IDPLOLHV ZLWK D FKLOG
6WDII 'HYHORSPHQW (GXFDWLRQDO 3V\FKRORJLVW FRQGLWLRQ SDOOLDWLYH FDUH QHHG
6WHYH 'H[WHU (GXFDWLRQDO 3V\FKRORJLVW 6HUYLFH 'HYHORSPHQW DQG ,PSURYHP
(GXFDW3V\FKRORJLVW 6HUYLFH 6KRUW /LYHV
&KLOGUHQ DQG)DPLO\ :HOOEHLQJ 6HUY
VFKRROV DQG IDPLOLHV WR LPSURYH
6XSSRUWLQJ GUHQ DQG \RXQJ SHRSOH 6HUY FKLOGUHQ DQG \RXQJ SHRSOH
KDYH PHQWDO LOOQHVV 0HQWRUV 0RWKHUV 0RQWIRUW 0DQDJHU &KLOGUHQ DQG)DPLO\ :HOO
8QLYHUVLW\ RI /LDLVRQ 3V\ 'DYLG %DUEH &KLOGUHQ 3UDFWLW
/HLFHVWHUVKLUH &RXQW\ &RXQ

6XLFLGH 5HFRYHU\ LQ 6RXWKRUH 7KRUQH
6DIHJXDUGLQJ 3DUWQHUVKLS 0DQDJHU /HLFHVWHUVKLUH
3ROLFH

3UHVHQWLQJ VFKRRO ZHOOEHLQJ E\ LQWURGXFLQJ VRPH
PHQWLYDWLRQDO LQWHUYLHZLQJ WHFKQLTXHV LQWR \RXU
8QLYHUVLW\ RI 1RUWKDPSWRQ
$VVRFLDWH 3URIHVVRU 'H 0RQWIRUW 8QLYHUVLW\

7HHQDJH -%(UHVHDUFKHU ZRQGHUHG ZKDW /HLFHVWHUVKLUH +HDOWK\ 6FKRROV 3URJUDPPH
WHHQDJHUV H[KLELW FKDOOHQJLQJ EHKDYLRXUV DQG ZHOOEHLQJ DFURVV WKH
VXFK DV PRRG VZLQJV LUULWDELOLW\ DQG 0HQWRUV 6HOI+DUP 0RUUZ +HDOWK
DQG QRW ZDQWLQJ WR WHOO XS LQ SHUVRQ 2QOLQH 6XSSRUW IRU 3XEOLF +HDOWK
E\ &ODLUH 3RROH 7KH &KDUOLH :DOOHU 7UXVW &RQW\ &RXQFLO

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