

MENTAL HEALTH AND INCLUSIVITY TRAINING

(Available in and around the West Midlands)

Name of training	Delivered by	Aimed at	Training Overview	Further information / bookings
Mental Health Awareness	MHFA England Also delivered by Birmingham Mind, Springfield & Dudley Mind	Every Adult	Introductory 4-hour session. -What mental health is and how to challenge stigma. -A basic knowledge of some common mental health issues. -An introduction to looking after your own mental health and maintaining wellbeing. -Confidence to support someone in distress or who may be experiencing a mental health issue.	https://mhfaengland.org/individuals/adult/half-day MHFA England are offering free or discounted courses to community organisations who work with young people in the sport and recreation sector: For further information, contact: sarah.barge@mhfaengland.org
Mental Health First Aid Champion	MHFA England Also delivered by Birmingham Mind, Springfield & Dudley Mind	Every Adult	1-day course. -An understanding of common mental health issues. -Knowledge and confidence to advocate for mental health awareness. -Ability to spot signs of mental ill health. -Skills to support positive wellbeing.	https://mhfaengland.org/individuals/adult/1-day MHFA England are offering free or discounted courses to community organisations who work with young people in the sport and recreation sector: For further information, contact: sarah.barge@mhfaengland.org
Mental Health First Aider	MHFA England Also delivered by Birmingham Mind,	Every Adult	2-day course.	https://mhfaengland.org/individuals/adult/2-day

	Springfield & Dudley Mind		<p>-An in-depth understanding of mental health and the factors that can affect wellbeing.</p> <p>-Practical skills to spot the triggers and signs of mental health issues.</p> <p>-Confidence to step in, reassure and support a person in distress.</p> <p>-Enhanced interpersonal skills such as non-judgemental listening.</p> <p>-Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix.</p>	<p>MHFA England are offering free or discounted courses to community organisations who work with young people in the sport and recreation sector: For further information, contact: sarah.barge@mhfaengland.org</p>
Mental Health First Aid Higher Education Champion	MHFA England	Everyone who works or studies in a university environment	<p>1-day course.</p> <p>-A deeper understanding of the issues that relate to student and staff mental health.</p> <p>-Skills to spot early signs of mental ill health.</p> <p>-Confidence to signpost someone to support – whether that's through self-help resources, university counselling services, the NHS, or a mix.</p> <p>-Knowledge and confidence to advocate for mental health awareness.</p>	<p>https://mhfaengland.org/individuals/higher-education/1-day</p>
Mental Health Awareness Training within	BIRMINGHAM MIND	Pupils, students, teachers, staff.	<p>On request (by education institution).</p>	<p>https://birminghammind.org/training/our-work-with-schools-colleges-and-universities</p>

Schools, Colleges and Universities			<p>We offer a range of different training courses and workshops and we are working with a growing number of schools, colleges and universities on specific areas around Mental Health, that have led to new sessions being developed.</p> <p>Birmingham Mind is able to provide Mental Health Awareness training sessions to different numbers of people, ranging from pupils, by class, year group or the whole school. We can also deliver sessions just for staff.</p>	
Youth Mental Health Aware	<p>MHFA England</p> <p>Also delivered by Birmingham Mind, Springfield & Dudley Mind</p>	Every Adult	<p>Introductory 3-hour session.</p> <ul style="list-style-type: none"> -Some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis -Skills to work more effectively with young people living with mental health issues -Ways to support young people with a mental health issue and relate to their experiences 	<p>https://mhfaengland.org/individuals/youth/half-day</p> <p>MHFA England are offering free or discounted courses to community organisations who work with young people in the sport and recreation sector: For further information, contact: sarah.barge@mhfaengland.org</p>
Youth Mental Health First Aid Champion	<p>MHFA England</p> <p>Also delivered by Birmingham Mind, Springfield & Dudley Mind</p>	Every Adult	<p>1-day course.</p> <ul style="list-style-type: none"> -An understanding of common mental health issues and how they can affect young people 	<p>https://mhfaengland.org/individuals/youth/1-day</p> <p>MHFA England are offering free or discounted courses to community organisations who work with young people in the sport and recreation sector: For further information, contact: sarah.barge@mhfaengland.org</p>

			<ul style="list-style-type: none"> -Ability to spot signs of mental ill health in young people and guide them to a place of support -Knowledge and confidence to advocate for mental health awareness -Skills to support positive wellbeing 	
Youth Mental Health First Aider	<p>MHFA England</p> <p>Also delivered by Birmingham Mind, Springfield & Dudley Mind</p>	Every Adult	<p>2-day course.</p> <ul style="list-style-type: none"> -An in-depth understanding of young people’s mental health and factors that affect wellbeing. -Practical skills to spot the triggers and signs of mental health issues. -Confidence to reassure and support a young person in distress. -Enhanced interpersonal skills such as non-judgemental listening. -Knowledge to help a young person recover their health by guiding them to further support – whether that’s through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate. -Ability to support a young person with a long term mental health issue or disability to thrive. 	<p>https://mhfaengland.org/individuals/youth/2-day</p> <p>MHFA England are offering free or discounted courses to community organisations who work with young people in the sport and recreation sector: For further information, contact: sarah.barge@mhfaengland.org</p>

			-Tools to look after your own mental wellbeing	
Youth Mental Health First Aid	StreetGames	Volunteers, coaches and project managers. (Minimum Age: 16 Years)	<p>This course can be delivered as 2 days, 1 day or 3 hours.</p> <p>Learners will be able to:</p> <ul style="list-style-type: none"> - Challenge the discrimination surrounding mental health - Define mental health & common issues relate to other people's experiences - Look after their own mental health protect a young person who may be at risk - Spot the signs of mental health issues in young people - Give help, support and guidance to any young person who needs it 	https://network.streetgames.org/youth-mental-health-first-aid-0
Higher Education Mental Health First Aid	StreetGames	Volunteers, coaches and project managers. (Minimum Age: 16 Years)	<p>1-day course (2-day course also available)</p> <p>This one day course qualifies you as a Higher Education MHFA Champion. It is designed to give you:</p> <ul style="list-style-type: none"> - A deeper understanding of the issues that relate to student and staff mental health - Skills to spot early signs of mental ill health 	https://network.streetgames.org/higher-education-mental-health-first-aid-1-day

			<ul style="list-style-type: none"> - Confidence to signpost someone to support – whether that’s through self-help resources, university counselling services, the NHS, or a mix - Knowledge and confidence to advocate for mental health awareness 	
Armed Forces Mental Health First Aider	MHFA England	Restricted to serving and ex-serving personnel, their family members, and support services who work with the armed forces community.	<p>2-day course.</p> <ul style="list-style-type: none"> -An in-depth understanding of mental health and the factors that affect wellbeing for the armed forces community. -Practical skills to spot the triggers and signs of mental health issues. -Confidence to step in, reassure and support a person in distress. -Enhanced interpersonal skills such as non-judgemental listening. -Knowledge to help someone recover their health by guiding them to further support - whether that’s self-help resources, through the MOD, the NHS, support charities, or a mix. 	https://mhfaengland.org/individuals/armed-forces/2-day
Mental Health First Aid Refresher (recommended every 3 years)	MHFA England	Adult MHFA Refresher is only for people who have completed an Adult MHFA Two Day or One Day course.	<p>4-hour course.</p> <p>Adult MHFA Refresher course will empower you to:</p> <ul style="list-style-type: none"> -Keep your awareness of mental health supports current. 	https://mhfaengland.org/individuals/adult/refresher

			<p>-Update your knowledge of mental health and what influences it.</p> <p>-Practice applying the Mental Health First Aid action plan.</p>	
Level 1 Award in Awareness of First Aid for Mental Health Workshop	SPORT STRUCTURES (NUCO TRAINING)	<p>AGED 14+</p> <ul style="list-style-type: none"> - Coaches and volunteers in sport. - Those delivering physical activity sessions. - Local community activators - Health and care professionals - Employees in a work place environment 	<p>4-hour workshop (half day)</p> <p>Aimed at providing learners with the knowledge to identify suspected mental health conditions and the skills to start a conversation and be able to signpost the person towards professional help.</p> <p>Covering these areas:</p> <ul style="list-style-type: none"> -What is First Aid for Mental Health? -Identifying mental health conditions. -Providing advice and starting a conversation. -Stress. -Mental health conditions. 	<p>https://www.sportstructures.com/education-training/book-onto-a-course/safeguarding-and-first-aid-workshops/level-1-award-in-awareness-of-first-aid-for-mental-health-workshop</p>
Mental Health Awareness for Sport and Physical Activity (online)	Active Partnerships WM	Everyone who delivers coaching in clubs, community sport and physical activity – such as coaches, activators, sports administrators, front of house staff or volunteers	<p>Self-paced online course (2-3 hours).</p> <ul style="list-style-type: none"> -Better understand mental health, the misconceptions and how to recognise the red flags. -Appreciate the impact and importance of sport and physical activity on mental health. -Recognise the barriers to participating in physical activity, and put in place practical ways you can adapt your sessions to overcome them. 	<p>FREE access to a licence for sport and pa providers. Contact: amy.bird@sportbirmingham.org / 07774337391</p>

			<p>-Understand and connect with people helping to provide an inclusive, person-centred experience. Communicate effectively and offer appropriate guidance.</p> <p>-Be confident about opening and holding a conversation about mental health with someone you coach.</p> <p>-Make your club or organisation more inclusive, and better prepared to be able to support people experiencing mental health problems.</p>	
Mental Health Awareness for Sport and Physical Activity (face-to-face)	Delivered by local Mind Centres	Everyone who delivers coaching in clubs, community sport and physical activity – such as coaches, activators, sports administrators, front of house staff or volunteers	<p>3-hour face-to-face workshop</p> <p>Developed with support from UK Coaching, that will help you:</p> <ul style="list-style-type: none"> - Understand common misconceptions about mental health and the impact of stigma and discrimination - Identify the positive impact that being active has on physical and mental health - Appreciate the barriers that stop people getting active - Talk confidently about mental health Know where to signpost people to if they need support 	Contact: amy.bird@sportbirmingham.org / 07774337391

			- Identify practical actions to make your service more accessible for everyone	
Mental Health Awareness: Self-Harm, Depression and Anxiety (online)	EDUCARE	For people who work with children and young people; - Education - Health & Social Care - Sport, Charities - Businesses	3-hour online Mental Health Awareness courses: - Understanding Self-Harm - Understanding Low Mood and Depression - Understanding Anxiety	https://www.educare.co.uk/courses/mental-health-awareness
Introduction to Adverse Childhood Experiences & Early Trauma (online)	ACEs	Practitioners, professionals and volunteers who work with children, young people and their families.	Approximately 50 minutes. - To identify adverse experiences that can impact on a child's development and their response to stress. - The importance of healthy brain development in a child's early years and the impacts of toxic stress - Adversity in childhood having a significant impact over a person's life course - Identify a range of social and community impacts resulting from ACEs. - Key examples of 'Protective Factors' that can help prevent ACEs and strategies to help build resilience. - What it means to look at adverse childhood experiences through a 'trauma informed lens'	This course is FREE and has been funded by the Home Office Early Intervention Fund: https://www.acesonlinelearning.com/

			- Understand how building resilience can help mitigate the impact of ACEs.	
Inclusive Activity Programme	ACTIVITY ALLIANCE	Coaches / traditional physical activity deliverer family. Local community activators. Health and Care Professionals.	3-hour workshop. -In this practical workshop you will undertake a range of practical activities which will enable you to: -Learn about practical tools to support inclusive delivery. -Explore creative ideas to support disabled people to take part in physical activity and sport. -Access a range of resources to support delivery of activity sessions beyond the workshop. -Learn about local opportunities, organisations and further training both for yourself and the disabled people they support.	http://www.activityalliance.org.uk/how-we-help/training/inclusive-activity-programme
Inclusive marketing and communications	ACTIVITY ALLIANCE	Organisations.	Factsheets available online. OR Inclusive communications workshop available on request. A bank of resources with series of new factsheets that support providers to be more accessible and inclusive in their communications.	http://www.activityalliance.org.uk/how-we-help/programmes/1817-inclusive-marketing-and-communications

Connecting Differently Through Sport	SENSE	<p>Sport and physical activity coaches and instructors.</p> <p>PE teachers.</p> <p>Leisure centre staff (including front of house staff).</p> <p>Volunteers.</p> <p>Sports development professionals.</p> <p>Health and social care organisations and charities.</p>	<p>3-hour workshop.</p> <ul style="list-style-type: none"> -Understand the different disabilities a participant may have – and how these may affect someone taking part in a sport and physical activity session. -Learn about the barriers to participation that people with sensory impairments and complex disabilities face – as well as solutions to overcome them. -Understand how to communicate with people with sensory impairments and complex disabilities using a range of communication methods. -Feel more confident to adapt a sport and physical activity session to make it more accessible to all. 	<p>https://www.sense.org.uk/get-support/arts-sport-and-wellbeing/sense-sport/training/</p>
Autism, sport and physical activity	NATIONAL AUTISTIC SOCIETY	Sports Practitioners	<p>Interactive online module (40 – 90 mins).</p> <ul style="list-style-type: none"> -Describe in basic terms what is meant by autism. -Understand common difficulties faced by autistic people. -Identify factors that can impact on how sport and physical activity is delivered and coached. -Identify factors that can impact on an autistic person’s experience of sport and physical activity. 	<p>https://www.autism.org.uk/professionals/training-consultancy/online/sport.aspx</p>

			-Recognise and respond to the needs autistic people have while engaging in sport and physical activity environments.	
Autism and Sport	NATIONAL AUTISTIC SOCIETY	This course is relevant for both sports specialists who want to increase their autism knowledge and autism specialists who want to engage more autistic children in sports.	<p>1/2, 1 & 2 day course available.</p> <p>-The main areas of difference in autism (social communication and interaction, sensory processing, information processing).</p> <p>-How autism can affect people's experience of sport and physical activity.</p> <p>-Supportive approaches - using the SPELL framework of structure, positive approaches, empathy, low arousal and links.</p> <p>-Practical demonstration of strategies and activity plans.</p> <p>-Evaluating and developing your practice.</p>	https://www.autism.org.uk/professionals/training-consultancy/courses/sports/sport.aspx
Learning Disability and Sport Workshop	MENCAP	Aimed at anyone who wants to know more about learning disability and sport; whether that is professional sports staff, coaches, volunteers, students or leisure centre staff.	<p>3-hour workshop.</p> <p>-What a learning disability is. The issues and barriers people with a learning disability face when accessing sport.</p> <p>-Different ways of communicating with people with a learning disability.</p> <p>-Different ways of including people with a learning disability in sport.</p>	https://www.mencap.org.uk/about-us/our-projects/mencap-sport/learning-disability-and-sport-workshop

			<ul style="list-style-type: none"> -How to promote sport to people with a learning disability. -Different pathways and opportunities available in learning disability sport. 	
Coaching People with a Visual Impairment (online)	BRITISH BLIND SPORT and UK COACHING	Sport Coaches	<ul style="list-style-type: none"> Online eLearning course. -Gain a greater understanding of sight loss and eye conditions. -Explore practical solutions to barriers to participation and help meet individual needs. -Explore some of the safety considerations to ensure a fully accessible and inclusive environment for people with a visual impairment. -Learn how to make adaptations to specific elements of session planning and delivery using the STEP model. -Understand how to communicate effectively and guide individual. 	https://britishblindsport.org.uk/coaching-people-with-a-visual-impairment/

Please visit the [UK Coaching](#) website to search other sources of equality or inclusive training.