Support in Mind Scotland is pleased to be working in partnership with Mental Health UK and Neptune Energy to deliver the ‘Rural Connections’ Project over the next three years.

The project aims to improve the mental health and wellbeing of rural communities throughout Scotland by providing free mental health awareness training to organisations, small businesses and community organisations. With a focus on workplace wellbeing, the course can help raise awareness of mental health within a team and encourage staff to think about their own ways of keeping mentally healthy.

**Who is eligible?**

If your organisation or business has a rural connection and you have less than 50 members of staff, then you will be eligible for the training. The rural connection could be your location or where your client groups and/or staff/volunteers live or work. Although the official definition of ‘rural’ is a settlement of less than 3000, we are keen to take a flexible and inclusive approach to delivering the training to ensure maximum reach into rural communities. We understand that some organisations may have a rural element that would qualify them for the funded training - for example - some large-scale organisations and businesses may have smaller regional staff teams based rurally/remotely.

**Enabling employees, volunteers and communities to flourish**

Training your staff/volunteers/community members in mental health can help break down stigma and discrimination, build awareness, develop skills, and enhance confidence. With one in six workers experiencing a mental health problem at any one time the need for mental health awareness is great.

**Course Overview**

‘An Insight into Mental Health’ is an introductory level course into mental health awareness. The course evidence-based, factual and offers examples of lived experience. The sessions are designed to be encouraging, inclusive, engaging and interactive.

The course is suitable for those looking to build their understanding and awareness of mental health and wellbeing, particularly in the workplace. Please ensure that you are familiar with the course outcomes below and that it is a suitable level for your staff/volunteer requirements.
Outcomes
At the end of this course participants will have:
- An understanding of the meaning of mental health
- A basic knowledge of some common mental health conditions
- An introduction to looking after your own mental health and wellbeing
- An awareness of the impact of stress and how to lower stress levels
- An introduction into how to have a supportive conversation
- An awareness of how to guide a person towards appropriate help and support

Content (Each Session includes short comfort break)

**Session 1**

<table>
<thead>
<tr>
<th>Part 1</th>
<th>Part 2</th>
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<tbody>
<tr>
<td>What is mental health?</td>
<td>Understanding stress</td>
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<td>The sliding scale of mental health</td>
<td>The Stress Curve</td>
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<td>What impacts on our mental health?</td>
<td>Lowering stress levels</td>
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**Session 2**

<table>
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<th>Part 1</th>
<th>Part 2</th>
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<td>Insight into common mental health conditions</td>
<td>Wellbeing and self-care</td>
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<td>Insight into supportive conversations</td>
<td>Action Planning – mental health and wellbeing</td>
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<tr>
<td>Signposting – support and services</td>
<td>Reflections and close</td>
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**How and when are courses delivered?**
Online – two x 2-hour sessions (4 hours). Delivery of the two sessions will be discussed with the training team directly. Courses sessions are usually delivered over two days (one 2xhour session followed by another 2xhour session the following day or later in the week).

Learner no: Min 6 / max 12). ‘Open’ course that individual participants can sign up to will be advertised and delivered monthly.

If your organisation has less than 6 participants, then we may link organisations together to ensure course numbers are adequate. Please discuss with the training team if this would be inappropriate for your staff team/volunteers and we will endeavour to accommodate your requirements.

**What commitments are required from an organisation receiving the free training?**

Recruitment and participation - recruitment and coordination of your staff/volunteers to be able to attend and engage in both sessions. The training success depend on participation from attendees.
Registration form – a completed registration form should be returned to the training team with course participants names and emergency contact numbers. In addition, the form will ask for a brief description of your rural connection.

Coursebook printing – a PDF course book will be sent that must be printed and ready for use at the time of the course session.

Evaluation completion – it is vital that Support in Mind can evidence course impact and that evaluation forms are returned on completion of the course. In addition, we may approach you as a ‘Case Study’ for our reporting purposes.

What do I need to do next?

Contact Fiona Thompson, National Training Manager to discuss booking a course/s and to clarify any questions you may have.

fthompson@supportinmindscotland.org.uk
07739216459

We look forward to hearing from you!