



**HEALTHY MINDS**  
in your workplace

# Peter Christison & Associates Health Consultancy and Training

*Established since 1995*  
*In Workplace Health & Mental Health*



## Fact sheet 2

## Essential Mental Health Training (Including Mental Health Awareness Training)

### Introduction

Mental illness accounts for one of the highest health issues in the UK with an estimated 1 in 4 people suffering mental illness in any 1 year; depression affects approximately 1 in 6 adults and severe mental illness 1 in 200 people. 1 in 10 children or adolescents are affected by psychological or psychiatric illness.

Since 2008 IAPT's, or 'improved access to psychological therapies' represents an increasing public health investment in providing early treatments for: anxiety depression and some versions of mood swing disorders in the UK adult population. Early intervention in CBT, Brief solution focussed therapies, and counselling have shown to aid earlier recovery and averted more serious illness. Any member of the population whether in work, retired or unemployed are equally likely to suffer a common mental health problem subject to risk and protective factors.

### Training

We provide *flexible training* throughout the UK to suit the workforce of all types of organisations. Mixed ability and knowledge in a group can be catered for and specific designed packages can be created. We advise clients to opt for a minimum of 1 day training due to the complexity of the topic, and due to the interactive nature of the delegates; we can provide 0.5 day minimum subject to conditions. Please see the choice of topics covered overleaf.

### Training methods

To ensure maximum learning we work in to a participative approach with delegate groups we use:

- ✚ Groups and or in pairs
- ✚ Case studies
- ✚ Trainer to group and group to trainer
- ✚ Power point
- ✚ DVD or video (subject to topic)

### Clients and testimonials

As we have substantial experience in delivering this topic our clients are in the business, public and voluntary sectors. These include: The NHS, Local and county Councils, Probation Trusts, PLC companies, charities including housing associations,

and outsourcing providers including most recently Liberata Bromley. Here are some testimonials from some of the delegates who have attended:

*'I found it very useful and informative as I had no previous knowledge of people who have mental health issues'* **Georgina Chambers Revenues Officer**

*'The course was very helpful and it will assist me in my day to day dealings with customers'*  
**Pam Victorio Benefits Officer**  
*Continued overleaf*

*'Good trainer and the course was very interactive, an invaluable course for my role'* **Chris Cowen**  
**Customer Service Adviser**

*'More awareness of mental health problems will help me in dealing with debtors when discussing their payment plans'* **Debt Collection Manager**

**Topics covered/ aims & objectives:**

The following is not a definitive list as we run a research and development service to meet clients very specific needs if we cannot provide this already:

- ✚ Risk and protective factors for good mental health and mental ill health
- ✚ Signs and symptoms of mental ill health and how to interpret this knowledge
- ✚ How does a person with mental ill health feel, and what concerns them
- ✚ An overview of common mental health problems
- ✚ Best practice in communication with people having mental ill health; do's and don'ts
- ✚ Understanding specific mental illnesses
- ✚ Understanding psychosis and how to support sufferers
- ✚ Side effects of medication and how to reduce these
- ✚ Exploring treatment types for mental ill health
- ✚ Tips on handling the most common side effects of medication
- ✚ Examine discrimination of people with mental ill health, its effects and how to counter this in a number of settings.
- ✚ An over view of anti discrimination campaigns

**Certificates:** We can provide printed 2 colour certificates on durable 160mg card for delegates for a modest cost of 0.90 pence per delegate; details on request.

**We provide training in:**

- ✚ Workplace health
- ✚ Mental health
- ✚ Health and Safety
- ✚ Management & Personal Development skills
- ✚ Psychological therapies

**For further information contact Peter Christison in confidence**

**Biographies of trainer:**

***Peter Christison** has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors. He has worked in the mental health field for over 18 years, including as a Mental Health Promotion Specialist in the NHS for 4 years where he specialised in mental health promotion for children and young people; latterly in workplace mental health. He was a National Trustee and Chair of the MDF Bi Polar Fellowship for 6 years.*

*He provides training in mental health topics, suicide and self harm training or workshops, and consultancy services for those working with children and adults throughout the UK. Details of his full biography are available on request*

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**Justine VandeWeg EFT & Creative art therapy**