

# Mental Health Crisis Care Awareness for County Councillors On-line Training via Zoom over two morning sessions



These training sessions are specifically for Gloucestershire County Councillors. The training is fully funded within Gloucestershire so provided free of charge to those who work within the county.

The course runs over two consecutive half days (9am to 1pm) and will be delivered via Zoom delivered by an experienced Gloucestershire mental health professional

Before booking please ensure you can attend the full course and that you have a device that will support Zoom.

Participation will be required and the maximum group size is 10 participants.

*Please be aware that this course covers an introduction to anxiety, depression, other mental health disorders and discusses self harm and suicide. This may cause those attending to experience uncomfortable feelings, so please consider delaying attending the course if you think this might cause you difficulties right now*

*Due to the content and discussions you will need to ensure you are able to undertake to course undisturbed and the content not overheard or seen by others in your household or workplace.*

The course is designed to develop mental crisis care awareness for Gloucestershire County Councillors. It aims to build on experience and knowledge of working with those presenting with mental health problems in crisis.

The sessions look at what is *mental health* and what is *mental ill health* including the biopsychosocial model. Then the course looks briefly at *depression, anxiety, psychosis and bipolar disorder*. It considers the impact of *Adverse Childhood Events (ACEs)* on adults and their lives and then *Borderline Personality Disorder / Emotionally Unstable Personality Disorder* and how we can support people when they are experiencing difficulties including the use of *crisis and contingency plans*. Finally the course looks at *self harm* and then how we can all help those who have *suicidal thoughts and behaviours*.

The effect of the Covid-19 pandemic and current cost of living crisis on all of us will run as a theme through the training.

**Booking is via**  
[proudtolearn@gloucestershire.gov.uk](mailto:proudtolearn@gloucestershire.gov.uk)

## **Dates**

**To be confirmed - please then book via**  
[proudtolearn@gloucestershire.gov.uk](mailto:proudtolearn@gloucestershire.gov.uk)

Please note if you have previously attended the full day Mental Health Crisis Care Awareness course you do not need to attend these sessions