

### Is the Study Day for me?

Approximately 1 in 4 people in the UK will experience a mental health problem each year. Approximately 1 in 16 adults have Generalised Anxiety Disorder. 1 in 30 adults suffer with Post Traumatic Stress Disorder.

8.6 Million adults have suicidal thoughts. For males and females aged 5 to 34 years suicide is the leading cause of death. As a health care professional whether we are Primary Secondary or Community Care we are all responsible for being aware of mental health issues. Do you feel equipped to recognise and ask about mental health issues? If not, then this course is for you.

### What's it all about?

This course will help you know more about mental health and ill health. We will talk about the issues that people find it hard to talk about such as suicidal feelings and self harm. We will look at common mental health problems and the key features, what to look out for and how to recognise them. Importantly, we will equip you with ways of asking about and speaking to patients about mental health that mean that will reduce those common anxieties such as 'opening a can of worms' or 'making things worse'.

We will talk about what help is available and how to understand what the services that you refer to do, what kind of help do patients receive in secondary and tertiary care and what are the different therapies that people talk about.

In a nutshell, we all come across and have a responsibility for mental health as well as physical health, if you want to increase your confidence and knowledge about mental health then this is the course for you.

Led by a Clinical Psychologist; an interactive, fun and informative learning experience with an opportunity to talk about all topics mental health

### What happens on the day?

**We will use memorable ways to learn and teach about mental health.**

**There will be demonstrations, interaction in pairs and most importantly we want you to relax and have fun.**

**Though not listed below we will include many small breaks throughout the day to avoid screen fatigue**

9:15	Registration
9:30	Introductions – Ask your question to see if we can answer it during the day.
9:50	Mental health stats and language
10:00	Anxiety and Depression: Understanding and Assessing
11:00	Break
11:20	Asking about mental health – how to ask the difficult questions and what to do with the answers.
12:45	Lunch
13:30	Talking about & understanding suicidal feelings and self harm.
14:45	Tea and coffee
14:50	Understanding other services, who are they, what are the different roles and what treatments do they do?
15:30	Putting it all into practice.
15:30	Close and Evaluation

### Timings for the Day

**9:00am to 9:25am to access the meeting then locked and started at 9-30am to 4pm**

### Who is eligible to attend?

**Funded by NHSIE GPN Programme Only for;**  
General Practice Nurses from Yorkshire, North East North Cumbria, Cheshire and Mersey, Lancashire, South Cumbria and Greater Manchester

Please note practice address will be required. Places are very much in demand so please only register if you are sure you can attend. If for any reason you are unable to attend, please cancel your place as a waiting list will be run.

### How do I register?

<https://www.etaltraining.co.uk/fully-funded-study-days>