

Advanced Mental Health Training for Greater Manchester Faith Leaders and associated Faith/Community Project Leaders

This two-day course is provided by Greater Manchester Mental Health NHS Foundation Trust at the esteemed GMMH Recovery Academy.

The course is designed and delivered by mental health professionals who have extensive experience of working for an NHS mental health trust. It aims to equip faith leaders and associated faith/community project leaders with specialist mental health knowledge and insight into the impact of trauma in your outreach to people with refugee status, people seeking asylum, racism, domestic violence and the impact of the COVID-19 pandemic.

This two-day course will explore the mental health and faith specific/cultural needs for the following faith groups:

Hinduism

Sikhism

Islam

Christianity

Buddhism

Judaism

Interfaith groups

These training sessions will take place on the following dates:

Session A

Monday 20 December 2021 and Monday 10 January 2022
Time: 10am to 4pm

Session B

Monday 17 January 2022 and Monday 31 January 2022
Time: 10am to 4pm

Session C

Monday 7 February 2022 and Monday 21 February 2022
Time: 10am to 4pm

Session D

Tuesday 1 March 2022 and Tuesday 15 March 2022
Time: 10am to 4pm

All sessions will take place at The Curve, Greater Manchester Mental Health NHS Foundation Trust, Bury New Road, Prestwich, Manchester M25 3BL

The specific learning outcomes for the course are as follows:

- Understand what trauma is and the impact of trauma on mental health. Common experiences of trauma identified by Faith Leaders relating to: refugee status/seeking asylum, racism, domestic violence, the COVID-19 pandemic. Training will reflect the needs of each group listed above.
- Understand the impact of trauma on behaviours and coping mechanisms including self-harm and drug and alcohol use.
- Consider the role Faith Leaders can play in reducing stigma and supporting people.
- Further develop knowledge and skills in relation to listening, empathy, validation, five ways to well-being, motivational interviewing and behavioural activation.
- Know when it is necessary to signpost/refer to other services.

This two-day course is **free** to GM Faith Leaders and associated Faith/Community Project Leaders. The course is funded by GM Health and Social Partnership in conjunction with Faith Network for Manchester. The course is supported by GMMH Chaplaincy.

It is a minimum requirement to attend both training days

To reserve your place please contact:

Helen Macklin on 0161 358 1771 or email helen.macklin@gmmh.nhs.uk

