



We deliver interactive courses developed by the world leader in suicide prevention. With a variety of workshops to suit all needs, there is a program for everyone. No specialist knowledge required.

ASIST

A 2 day course to learn suicide alertness and a framework of practical skills to safely initiate, complete and follow up a suicide intervention.

£25 per delegate to cover cost of workbook

safeTALK

A half day suicide alertness and “keep safe” strategy, learn to provide an initial response and support to someone at risk of suicide

£10.00 per delegate

suicideTALK

60–90 minute presentation aiming to reduce stigma around suicide and promote awareness within your community.

Free

Healthy Cornwall
Basset Centre
Basset Road, Camborne, TR14 8SL

Tel: 01209 615600



We are located on the first floor of the Basset Centre on Basset Road. With the Basset Centre in front of you, go down the alley to the left hand side. We are the second door on the right.

For more information and to book on a course:

<https://www.healthycornwall.org.uk/training-programme/>

Email: healthy.cornwall@cornwall.gov.uk

Courses available to all who live or work in Cornwall. Booking via website only.

Cancellation fees will apply for non attendance.

See web site for further details.



Training & Skills Development

2019/2020

 www.healthycornwall.org.uk



Available to all those who live or work in Cornwall



MECC is a behaviour change approach that utilises the millions of day to day interactions we have with each other to encourage positive behaviour change.

MECC is an approach that anyone can use to support others make healthier choices.

What will I learn?

- The rationale behind “Making Every Contact Count”
- Key health messages and the importance of healthy lifestyle choices.
- Behaviour change in relation to health and wellbeing.
- Communication and healthy conversation skills.

This 5 hour training session is **FREE** and can be delivered from Camborne or direct to your organisation.

No specialist knowledge required.

Workshops

We offer a suite of short courses, delivered directly to your organisation, group or workplace, to support better health and wellbeing within your workforce:

Mental Health Awareness: 3 hours

An introductory course designed to increase awareness of mental health and mental ill health.

Understanding Stress: 2 hours

The first of our bite size courses, developed for inclusion within busy workplaces, exploring the concept of stress.

Developing Resilience: 2 hours

A follow on bite size course exploring how we can all build our personal resiliency skills. It is recommended that attendees have first attended the Stress Awareness course.

Mindfulness, Meditation and Sleep Hygiene: 2 hours

The final bite size course in our trilogy, designed as a follow on from Understanding Stress and Developing Resilience. Together, we explore how mindfulness, meditation and good sleep hygiene can positively support our mental health and wellbeing.

Mental Health First Aid England are approved by the Department of Health to provide training around mental health and wellbeing.



Adult two day

A two day course providing certification from MHFA England as a mental health First Aider

£25 per delegate to cover cost of workbook



Adult one day

A one day course to recognise and support common workplace mental ill health issues and become a mental health First Aid Champion

£20 per delegate to cover cost of workbook



Adult half day

An introductory course designed to increase mental health and First Aid Awareness

£15 per delegate to cover cost of workbook

No specialist knowledge required for any course.

