

Mental Health recommended training for Volunteers/Staff during COVID 19 Pandemic

Please note that this list is not exhaustive and is being added to as more courses come to our attention. If you discover new courses you would like adding to the guide, please e-mail richie_andrew@middlesbrough.gov.uk with the link or details to be reviewed.

- **Suicide Prevention – 20 mins free e-learning**

Save a Life...Take the Training: The Zero Suicide Alliance free e-learning suicide prevention training takes 20 minutes

<http://www.zerosuicidealliance.com/training/>

- **TEWV ‘Coping during the Pandemic’ e-learning** - To help staff in all areas, patients, families and the general public, TEWV Recovery College online have developed a new course “Coping during the pandemic”. The course includes information on preventing the spread of coronavirus (COVID-19), advice on managing concerns and supporting wellbeing, and advice on supporting children and young people. This course is free to access via the link below:

<https://lms.recoverycollegeonline.co.uk/course/view.php?id=373>

- Huge range of online training available for NHS professionals and those working or volunteering to improve the population health. Use link below...

<https://www.e-lfh.org.uk/>

- **Tees Training Hub –** Commissioned by Public Health South Tees, Redcar and Cleveland Mind provide the free training offer to professionals, volunteers and the public in the South Tees area. Courses are being adapted for a virtual environment and a number of test courses have recently been delivered including Mental Health First Aid. Visit <https://rcmind.org/resources/free-accredited-training/> page to find out more about the changes and course available.

- <http://www.stopsuicidenenc.org/visitor/professional/> The North East and Cumbria Stop Suicide regional ICS programme web site contains reference to a number of courses and more will be added as they come online.

- **Domestic Violence Training for Health Visitors and Nurses** - Domestic Violence and Abuse

programme, including details of how to access, please visit:

<https://www.e-lfh.org.uk/programmes/domestic-violence-and-abuse-e-learning-for-health-visitors-and-nurses/>

- **FutureLearn**

Future Learn offers access **to free online courses** from leading universities and specialist organisations, with groups of learners taking part together (but at a time to suit themselves). To view available courses, see:

<https://www.futurelearn.com/> e-mail alerts can be set up to be notified of start dates and new courses. **Every run of a course has a set start date but you can join it and work through it after it starts.**

COVID-19: Psychological First Aid	Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19. https://www.futurelearn.com/courses/psychological-first-aid-covid-19	3 weeks, 1 hour per week,
Mindfulness for Wellbeing and Peak Performance	Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course. https://www.futurelearn.com/courses/mindfulness-wellbeing-performance	4 weeks, 3 hours per week. Available now.
Emotional Intelligence at Work	Explore how emotional intelligence helps us to understand ourselves and others, resolve conflict and build better relationships. https://www.futurelearn.com/courses/emotional-intelligence-at-work	2 weeks, 3 hours per week. Available now.

- **Mental Health at Work E-learning Toolkit**

Offers a variety of resources from working from home to managing worries during the pandemic.

<https://www.mentalhealthatwork.org.uk/toolkit/coronavirus-and-isolation-supporting-yourself-and-your-colleagues/>