

Action for  
Children

Gweithredu  
dros Blant

# The Guide Digital

## Mental Health Literacy for All

### Y Canllaw Digidol

#### Llythrennedd Iechyd Meddwl I Bawb



## Free training available to professionals and volunteers working with young people across Wales



The Guide Digital training is:

- ✓ Designed to support young people to increase help-seeking behaviours
- ✓ Designed to improve Mental Health knowledge and understanding
- ✓ Designed to improve Mental Health Literacy
- ✓ Designed to reduce stigma

## We offer two levels of training: Learn and Develop

**Learn** offers an essential foundation for Mental Health Literacy, which is suitable for anyone who works, supports, or volunteers with young people in Wales.

**Learn** can be offered as a one-off training course or as part of the full four session training.

These two 2½ hour sessions will help to gain better understanding of:

- mental health terms, meaning and language
- mental health stigma
- stress and the stress response
- COVID response and recovery

**Develop** follows on from Learn, so Learn will need to be completed prior to embarking on Develop. Develop is a further two 2½ hour sessions, which are suitable for anyone wanting to further their knowledge in this area.

**Develop** offers a more in-depth knowledge base on:

- common mental disorders
- how to recognise mental disorders
- what to do
- what treatments are available to support recovery

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Supporting and safeguarding children and young people is everybody's business. To help build supportive, responsive, and skilled communities for children to be raised means sharing knowledge and understanding with all those involved in helping children learn and develop to reach their potential.



*"Equipping young people to maintain good mental health, support peers and access support when required is one of the big challenges for our society. Providing some of the essential building blocks within education is a great opportunity to really turn the tide on mental health."*

**~ Dr Dave Williams. Consultant Psychiatrist. Aneurin Bevan Health Board**

Action for Children believes that equipping whole communities to support and nurture children is the way to ensure all our children grow, develop, and learn in a safe and healthy environment. So, we're rolling out our digital Guide training to anyone who wants it in Wales.

We've been delivering The Guide to schools across Wales since 2018 and The Guide Digital since 2020, the feedback has been positive. It equips professionals with enough knowledge and confidence to help prevention and assist early identification of mental disorders.



### **Feedback from participants:**

*"This will change the way you think about Mental Health."*

*"Training that everyone working with young people and families should attend."*

*"An Informative Course designed to help professionals understand the complexities around Mental Health."*

*"I think this training is something that everyone who works with young people should have the opportunity to attend as the information and resources are invaluable!"*

*"This training should be offered to all people providing emotional and mental health support. It is useful as new information and learning as well as a refresher."*

*"Excellent and informative training programme delivering up to date information in four manageable sessions. Would strongly recommend for anyone who works with young people."*

*"Mental Healthy Literacy Training not only solidified my knowledge in the area of mental health but helped me to further expand my openness and understanding as a practitioner and be able to support the person not the diagnosis. It has also made me reflect upon my use of language to be able to communicate more clearly and concisely around mental health at each stage; right through from prevention or some distress to diagnosis and support."*