Health Education Funded Programme: Breaking Down the Barriers

Does your GP practice staff need training on Child and Adolescents GP whole practice mental health awareness?

What is this course about?
• Provides a broad training model, building awareness, knowledge and skills to identify mental health issues in children who engage with staff within a general practice surgery
• Introduction to mental health
• Definitions and meanings of: mental health, mental health problems, disorders, illness and behaviours
• Introduction to self-harm
• Adolescent development
• Understanding risk and resilience
• Promotes awareness of issues relating to child and adolescent mental health, understand resilience framework

Who is this training resources aimed at?
GP practice staff - GPs, practice managers, practice nurses, practice administrative and clerical staff, trainee medical, nursing and non-medical students, practice multi-disciplinary teams and support workers.

What are the key wins for your GP practice?
• Flexible taught modules delivered in bite-sizes from 30 mins - 2 hours through a mixture of presentations, practical exercises, videos tutorials, case studies, scenarios, quizzes
• FREE training resources including delivery
• In-house training at required pace and local ownership of training
• Case studies and simulation based on real life scenarios
• Training resources are tailorable and can be adapted and delivered to a targeted audience

Are any trainers available to deliver training to GP practice staff in my primary care setting or at multidisciplinary meetings?

Introducing Certified Trainers

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BREAKING DOWN THE BARRIERS - Working together to improve mental and physical health needs
How can I access other Breaking Down the Barriers training resources?
Breaking Down the Barriers downloaded resources are available on e-learning for healthcare (eLfH) website; http://www.e-lfh.org.uk/programmes/breaking-down-the-barriers/

Want more information?
For a detailed description of the Breaking Down the Barriers mental and physical health awareness training, visit: bit.ly/UCLPBreakingBarriers
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