

MENTAL HEALTH & SUICIDE PREVENTION TRAINING DIRECTORY 2026/2027





Welcome and Introduction

Welcome to the **MENTAL HEALTH AND SUICIDE PREVENTION** training directory.

The Southern Health and Social Care Trust (SHSCT) is committed to improving people's health and wellbeing providing services, programmes and training to support individuals and communities to live longer, healthier, active lives.

We work in partnership across Trust directorates, and with a wide range of statutory, voluntary and community sector partners. We seek to build capacity within communities to reduce health and social inequalities, helping them achieve a better quality of life for people in the Southern Trust area.

We deliver a range of online or face-to-face training programmes aimed at improving mental health and wellbeing which are available to Southern Trust staff, volunteers and those working with communities in the Southern Trust area.

Please refer to the The Public Health Agency's (PHA) Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework to determine the Tier of training being offered, the target audience, content, learning methods and training outcomes. [Click here.](#)

[w: https://southerntrust.hscni.net/your-health/](https://southerntrust.hscni.net/your-health/)
[Mental & Emotion Health & Wellbeing & Suicide prevention](#)

MENTAL HEALTH - TIER 1
SHARING INFORMATION

Free online Stress control course

#StressControlNI

6 sessions | 90 minutes per session

Course covers:

What is stress? | Controlling: your body | your thoughts | your actions | panicky feelings | getting a good night's sleep | boosting your wellbeing



Lifeline
0808 808 8000

HSC Public Health
Agency



For course information and dates visit:
w: ni.stresscontrol.org

Take 5 Ambassador briefings

Are you working within your local community?

Why not attend a Take 5 Ambassador briefing session to enable you to promote positive wellbeing?

Take 5 is a set of simple steps to help maintain and improve wellbeing.

A briefing session will equip you to deliver a short Take 5 session for your local group.



Dates: Tuesday 12th May 2026

Time: 10am – 12noon

Delivery: MP2 Newry Leisure Centre, 60 Cecil Street, Newry
or

Dates: Thursday 14th May 2026

Time: 10.30am – 12noon

Delivery: Brownlow Hub, 7 Brownlow Road, Craigavon

Aim of the training:

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in your local community
- To create a network of Take 5 Ambassadors working to promote positive wellbeing.

[Click here to apply](#)



Community Connector training

"Connection has been described as the cornerstone of feeling truly connected to ourselves, to others and to the world around us. It is what helps us feel safe, seen, and supported. Connection strengthens communities and creates opportunities."

Dates: Available on request from March 2026

Time: 2 hours

Delivery: Face-to-face or online to suit audience requirements

Course details:

This session aims to equip those living, working and volunteering in the ABC area with the tools needed to create community connectedness.

Loneliness is often associated with a perceived lack of connection. Following on from our work on loneliness and isolation, a Community Connector session will provide you with an understanding of the benefits of connectedness to self, others and the wider community. It will provide you with the knowledge of who, where and how people can access information on activities and support.

Target audience:

Those living, working and volunteering in the ABC area of Southern Trust.

Learning objectives:

- Understand the role of the Community Connector.
- Understand the importance of community connectedness as a building block for good health and wellbeing.
- Gain knowledge of local access points to activities and support in the local community (as connectors you will only be expected to signpost to the Information Access Points as it isn't your role to know all of the local services etc).
- Understand the benefits of the connector role to the connector, those being connected and the wider community.

For further information:

t: 028 3756 1440

e: cst.training@southerntrust.hscni.net



GIMME 5

Dates: To be confirmed

Delivery: 3-hours Online
Various locations throughout the SHSCT area

Course details:

GIMME 5 is a resource designed to support those working with young people to promote the Take 5 Steps to Wellbeing messages with young people by:

- Raising awareness of The Take 5 Steps to Wellbeing and how these support good mental health and wellbeing.
- Exploring easy and simple ways that each of the Take 5 messages can be implemented into everyday life
- Providing a range of activities to help young people explore and develop their emotional literacy and resilience skills.

The session will introduce the manual and how it can be used in your setting. Each participant will receive a copy of the manual and the colour coded Five ways to wellbeing armbands.

This course is fully funded through Education Authority Youth Service and SHSCT therefore, there is no cost to participants.

The Five Steps to Wellbeing are a set of practical, evidence-based public mental health messages aimed at improving the mental health and wellbeing of everyone. They were developed by the New Economics Foundation (NEF) and commissioned by Foresight, the government's think-tank on Mental Wellbeing



[Click here to apply](#)

For further information or support in making a referral :

t: 028 37564489 / 07867208352 or

e: jacqueline.masterson@southerntrust.hscni.net

action
mental
health

little healthy me

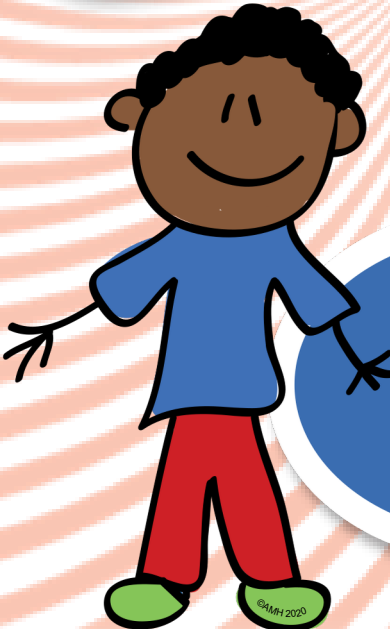
Little Healthy Me is a vibrant and engaging, trauma informed, mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive play and song.





Little Healthy Me positively promotes mental health and social and emotional wellbeing in children and has a strong focus on prevention and self-help.

Targeted at 4-7 year olds, Little Healthy Me is a refreshing, interactive and fun 3 hour workshop, delivered over 3 sessions by our very experienced AMH MensSana project workers.



AMH MensSana is just one of the many projects run by Action Mental Health, NI's leading mental health charity. Find out more at www.amh.org.uk



To find out more, contact our AMH MensSana team at:

Southern Trust area

T: 028 3839 2314

E: menssana@amh.org.uk

All other areas

T: 028 9442 5356

E: amhmenssanani@amh.org.uk

www.amh.org.uk

AMH MensSana will also provide Little Healthy Me Parents/Carers and Staff sessions



action
mental
health

healthy me

level
up

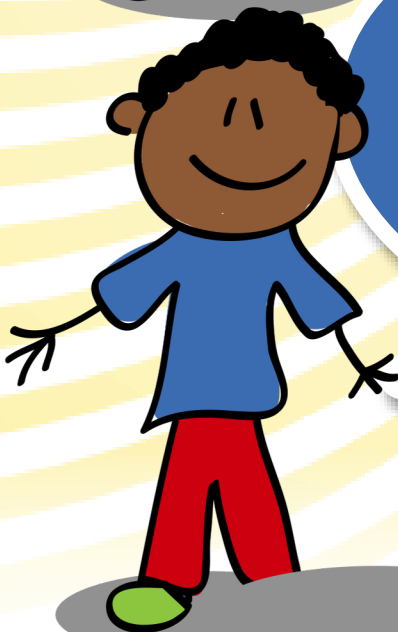
Hi Grown Ups!
We can't wait to tell you
how much fun we had today
learning about Healthy Me with
the MensSana team from
Action Mental Health.



The programme is
aimed at 8-11 year olds, it
promotes good mental health
and social and emotional
wellbeing in children with a
strong focus on prevention
and self-care.



Healthy Me uses
interactive play and song
to explore emotional and
mental health, healthy lifestyle
choices and where to get
support if needed.



My Healthy Me reminder
book is lots of fun! Together
we can complete the activities in
it and learn so much more about
positive mental and emotional
health and resilience.



action
mental
health

Healthy Me promotes social and emotional well-being through problem-solving, coping and resilience skills.

Healthy Me highlights the benefits of the 5 ways to well-being.

Healthy Me challenges stigma and discrimination.

Healthy Me encourages help-seeking behaviour in children and helping them identify sources of support.

Healthy Me teaches children how to understand and express feelings.

Healthy Me promotes the importance of mental health with physical health.

Healthy Me supports the move from primary to secondary school.

Healthy Me encourages adults to think about their own mental health needs and those of the children they care for.

Healthy Me sessions can also be delivered to parents and carers.

To find out more, contact the MensSana team at:

T: 028 9442 5356

(all areas except Southern Trust Area)

E: amhmenssana@amhni.org.uk

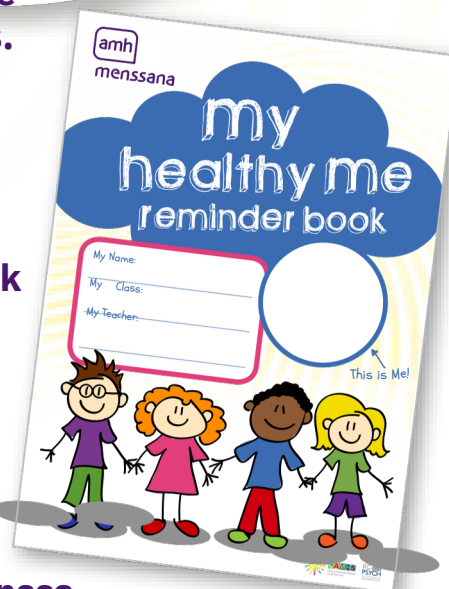
T: 028 3839 2314

(Southern Trust Area)

E: menssana@amh.org.uk

@amhNI   

www.amh.org.uk/services/menssana
na



CAMHS
Child & Adolescent Mental
Health Services

RC PSYCH
ROYAL COLLEGE OF
PSYCHIATRISTS

**action
mental
health**



MENTAL HEALTH - TIER 2 **DEVELOPING AWARENESS &** **UNDERSTANDING**

Café Conversations

The Survivor-Led
Suicide Awareness &
Prevention Skills Course



Café Conversations

Dates: As advertised in the community, or by arrangement to suit your group
Time: 3.5 hours with comfort break
Delivery: Face-to-face (unless online option requested for a group delivery)

Course details:

'Café Conversations' is a relaxed group delivery of the Zero Suicide Alliance training module, combined with insights, conversation and Q&A with facilitators who have their own lived experience of suicidal crisis.

Come along and experience our unique peer-led approach that focuses on creating a comfortable space for everyday people to explore the language and fundamental steps of suicide conversations.

All attendees receive a certificate of completion and a follow-up resource pack that will boost your confidence in signposting people to help or support.

Target audience:

Suitable for the general public, voluntary and community workers, those working in public-facing roles and professionals seeking a refresher for existing skills.

Aim of the training:

- Confidence and skills to start and navigate a 'suicide conversation'
- Relaxed and comfortable atmosphere with no role-play or clinical jargon
- Benefit of lived experience commentary, insight and Q&A opportunities
- Improved understanding of helpful language, approaches and signposting
- Improved self-care awareness
- Opportunity for a follow-up 1:1 chat to reflect or to ask additional questions.

ZERO

Zero
Suicide
Alliance

Because
ONE life lost
is ONE too many

Towards Zero Suicide Training



Health and
Social Care

R



Learn



NI



**'Take
the training.
Let's change the
conversation.'**



**20
MINS
SAVE A
LIFE!**

Towards Zero Suicide Training is available on Learn **HSCNI**.

Zero Suicide Alliance

Zero Suicide Alliance offers a free '3 step' awareness training programme which provides a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

SHSCT staff should access this training via:
[LearnHSCNI | Sign in](#)

Psychological First Aid

Psychological First Aid is a simple, yet powerful way of helping someone in distress during and after a crisis. It involves paying attention to the person's reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs.

[Click here to take the course](#)

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health



**Mindset is a Mental
& Emotional Health
& Wellbeing
Awareness
programme**

**For Young
People aged
14 - 17 years
or Adults**



Mindset is funded by the Public Health Agency and will run continuously throughout the year.

Programmes will be delivered in all youth and community settings across all Trust areas for groups of 8 – 20 people.

Aims

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

Facilitators

AMH MensSana Project Workers

Duration

3 Hour Programme (can be delivered over 1-2 sessions)

Delivery Options

In person or online via Zoom

Course Content

AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in all HSC Trust areas.

E: amhmenssanani@amh.org.uk
T: 028 9442 5356

For more information, please contact:

Belfast, South Eastern,
Northern & Western Trust Areas
T 028 9442 5356
E: amhmenssanani@amh.org.uk

Southern Trust Area
T 028 3839 2314
E: menssana@amh.org.uk

**Alternatively, if you or someone you know is in distress
please contact Lifeline on 0808 808 8000.**

MensSana, meaning 'healthy minds', has been operating for over a decade. It works to promote the value of early intervention and the importance of identifying appropriate pathways and support when mental health challenges arise.

Action Mental Health changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.

To find out more about our recovery and employability services or opportunities to support the work of AMH please visit our website.

www.amh.org.uk/services/menssana

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www.amh.org.uk

@amhNI   

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action
mental
health

provoking
thought

provoking
thought

Promoting resilience
and emotional well-being
to young people
and their key
adult contacts



www.amh.org.uk

Provoking Thought

AMH MensSana's Provoking Thought workshops are designed to help young people aged 11 to 25 improve their mental health and strengthen their resilience to cope better with everyday life events.

These interactive workshops are delivered by professional facilitators using evidence based and quality assured materials. The sessions can be delivered in settings where young people usually meet such as post-primary schools, youth clubs, community groups and church/sport club settings.

Specific workshops have also been created for key adult contacts including teachers, parents, carers and non-teaching staff to improve their understanding of mental health and support for young people.

Provoking Thought encourages all participants to explore the issues around mental health, emotional well-being, the importance of early intervention, and discover more about the sources of support that are available.

Key Aims

Recognising the importance of looking after our mental health and emotional well-being.

Developing confidence to seek help.

Developing mental health literacy.

Challenging the stigmas and misconceptions about mental health.

Raising awareness of the signs and symptoms of mental distress.

Highlighting the sources of support available.

Building resilience for well-being.

Identifying factors that cause stress in young people.

Highlighting the value of coping skills.

AMH MensSana

AMH MensSana supports the mental and emotional needs of children and young people and their key adult contacts through the provision of a range of activities tailored to suit specific group needs.

AMH MensSana operates across Northern Ireland.

Your mental health
matters!

Topics available

Mental Health Awareness

Social Media

Bullying

Body Image

Exam Stress

Transitions

Sleep

Confidence & Self Esteem

Mental Health in Sport

Mental Health Awareness

We are delighted to be able to provide these sessions **FREE OF CHARGE** to all participants, across Northern Ireland. This is only possible thanks to the generosity of corporate partners and the local community who support us through donations, fundraising and gifts in Wills.

Bespoke Programmes

In addition, we have developed a range of specialist, bespoke workshops that can be packaged and delivered according to the specific needs of the groups involved. These workshops can be purchased individually or as a range of sessions. Prices and booking arrangements for these courses are available on request.

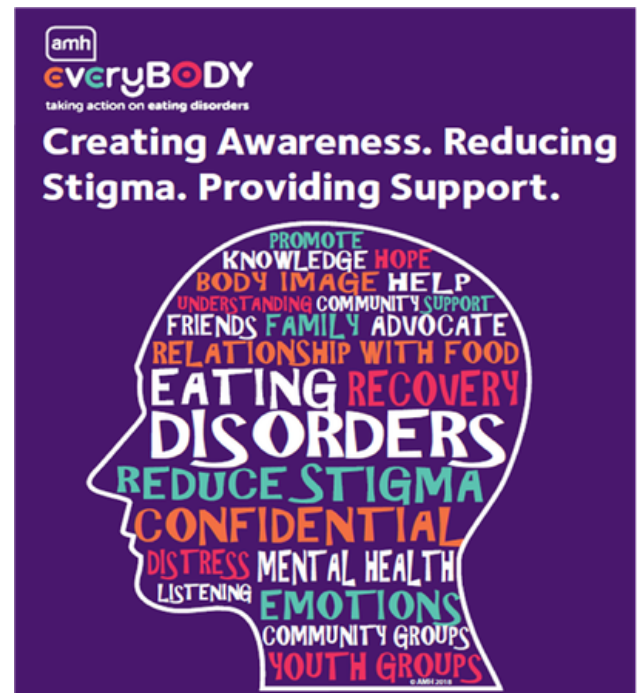


everyBODY

taking action on eating disorders

BodyTALK workshop

Our BodyTALK workshop is an engaging programme aimed at people aged 13+ which explores body image issues and teaches people how to develop a healthy body image, relationships with food and self-esteem.



The programme also promotes eating disorder awareness, including pathways to care and support.

Further information:

Deborah McCready – AMH EveryBODY Project worker

t: 028 38 39 2314

m: 077 9088 5438

e: dmccready@amh.org.uk

w: amh.org.uk

TOGETHERNESS

Bringing the Solihull Approach to the world

Courses for parents of children and teenagers

Togetherness (formerly Solihull Approach)

Courses for parents of
children and teenagers
funded by the Public
Health Agency



**Click here to access these
courses:**

<https://togetherness.co.uk/mul/northern-ireland/>

[Northern Ireland | Togetherness - Togetherness](#)

[Togetherness Public - Documents - Customised PCGT postcards for print - All Documents](#)

Understanding your own trauma

Understanding your own trauma ONLINE course for those who want to understand their own trauma and help others. [Click here.](#)



Understanding your own trauma

For people who want to understand more about their own trauma, Togetherness (formerly Solihull Approach) director Dr Hazel Douglas MBE introduces an online course which can help. Click here: [Understanding your own trauma - YouTube](#)

The full course includes modules on: recognising trauma; trauma memories; processing trauma and recovery from trauma. It is available for free via the PHA to anyone in NI.



Public Health Agency

TOGETHERNESS

NHS

Emotional resilience for the everyday

Online learning pathways for your parenting journey and important relationships.

- Antenatal and postnatal learning pathways for the foundations of emotional health
- Children's early development and behaviour
- Special educational needs and disabilities (SEND)
- Adolescence and young people's mental health
- Adult emotional health including trauma

togetherness.co.uk/northern-ireland

Residents of **NORTHERN IRELAND**

In paid partnership with:



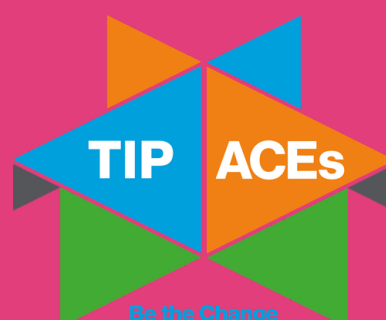
For free access, use access code:

NIFAMILIES



SBNI

**Safeguarding Board
for Northern Ireland**



SBNI (Safeguarding Board for NI) Trauma Informed Practice (TIP) team

There are recently revised online and facilitated modules available to raise awareness of adversity trauma and resilience and to support the embedding of a trauma informed approach across all services and organisations. A trauma informed approach is of benefit to all those using services and to all workplaces.

These modules are all proportionately accredited with the CPD service (Continuous Professional Development)

Two online modules – Approx 90 minutes to complete both
They give an overview of what is meant by adversity, trauma and resilience and introduces the principles of a trauma informed approach.

Target audience: Suitable for all SHSCT staff and volunteers, whatever their role and responsibility who work in health and social care services.

[Click here to view](#)



SHSCT and other organisations in the health, social care, education, justice, community and voluntary sectors have trainers trained and registered with the SBNI to facilitate the full 3-hour modules which give a greater depth of awareness and understanding.

Completion of these programmes result in further credits with CPD.

To avail of facilitated training contact Learning and Development teams or co-ordinators in your organisation.

**For further information and resources
[click here](#)**





Southern Trust Recovery College

Wellbeing education for everyone

The College courses and workshops are co-designed and co-delivered by people with lived experience of mental and physical health challenges, health care professionals and carers.

Courses and workshops are open to everyone aged 16yrs+ and this can include service users, carers, family, friends, students – anyone that has an interest in mental health and general wellbeing.

All Recovery College courses are FREE to attend.
We try to make our courses as accessible as possible and offer both face-to-face and online opportunities.

We have a wide range of courses available, see the full list via the prospectus and then register your interest. **[Click here for more information.](#)**

Online Recovery College E-Learning Tool – Available 24 hours a day
Access the eLearning system by registering at:
<https://mymentalhealthrecovery.com>

MENTAL HEALTH - TIER 3
ENHANCING KNOWLEDGE,
SKILLS & TRAINING

SafeTALK

Dates: Arranged to suit your group
Time: 3 hours
Delivery: Face-to-face

Course details:

SafeTALK training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.



Target audience:

Anyone 15 years and older.

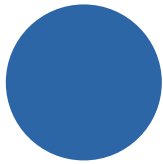
Participants will learn:

- How to identify the signs for risk of suicide
- How to safely ask someone about suicide
- How to listen to someone who is in emotional distress and thinking of suicide
- How to increase safety from the risk of suicide and reflecting on what is expected within our volunteer roles

Upon completing the course, as a safeTALK trained alert helper, we hope you will be able to move common tendencies to miss, dismiss or avoid suicide, identify people who have thoughts of suicide, apply the TALK steps (Tell, Listen and KeepSafe) to connect a person with suicidal thoughts to suicide first aid and appropriate intervention.

Further information:

Delivered by PIPS Hope and Support, Newry
t: 028 302 66195 **e:** info@pipshopeandsupport.org
 or
 Action Mental Health, Portadown
t: 028 38 392314 **e:** menssana@amh.org.uk



Mental Health First Aid

Course duration:

12 Hours in total over 2-days or 4 evenings

Course details:

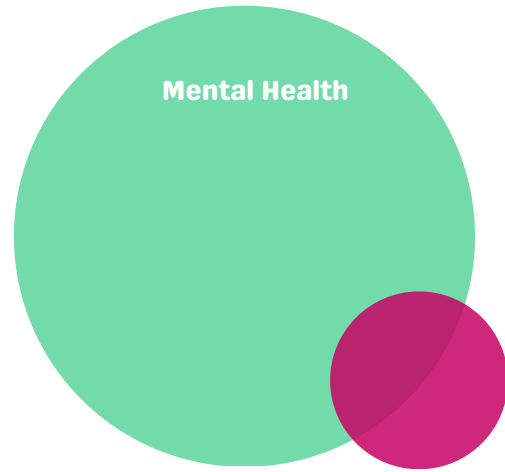
Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional health is obtained.



Target audience:

Mental Health First Aid (MHFA) is appropriate for anyone 18 years+ from a voluntary or professional background who come into contact with the general public and is interested in learning more about mental health problems, how it impacts on individuals and how best to provide support.

Participants must attend all sessions in order to fully complete the training.



This training is provided by the Protect Life resource service

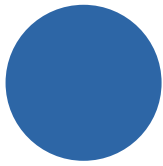
Aim of the training:

- To enhance understanding of mental health problems and how it can impact on individuals and society.
- To develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness.
- To guide towards appropriate professional help.



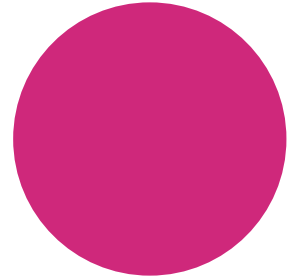
Further information:

Delivered by PIPS Hope and Support, Newry
t: 028 302 66195 e: info@pipshopeandsupport.org
or
Action Mental Health, Portadown
t: 028 38 392314 e: menssana@amh.org.uk



B Positive

Dates: To be confirmed
Time: 1 hour session x 3 in total
Venue: To be confirmed



Course details:

B Positive is a short interactive training programme designed to increase awareness and understanding of issues affecting mental health.

The training includes information and practical suggestions for help seeking, and supporting yourself and others to maintain positive mental health.



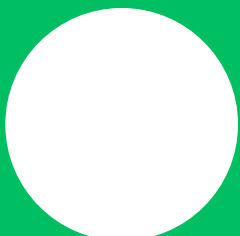
This training is provided by the Protect Life resource service



Target audience:

Anyone age 14+

It is of particular use for young people who are interested in taking an active role in support for themselves and others.



Further information:

Delivered by PIPS Hope and Support, Newry
t: 028 302 66195 **e:** info@pipshopeandsupport.org
or
Action Mental Health, Portadown
t: 028 38 392314 **e:** menssana@amh.org.uk



SHOULDER TO SHOULDER

This training is aimed at all members of the community because suicide can affect all of us and suicide prevention should be everybody's business. With local people trained to be more aware of the risk of suicide and the sources of help available, the training will make our communities safer.

Each training programme is tailored to make it as relevant as possible to participants. This means statistics, helpline numbers and sources of local support will always be relevant to the area that the training takes place and the particular issues affecting that community. It is especially beneficial for use in the workplace as it focuses on self and manager / peer support.

Participants learn from a creative modern Prezzy presentation, with the opportunity to ask questions, informative literature is provided.

Target audience:

Adults and youth aged 15+



Aim of the training:

- To increase the general public's awareness around the extensive support available to those at risk of suicide and develop a clearer understanding of the different groups that may be at a higher risk of suicide
- To develop an understanding in the general public that many people who are at risk will not access the help available unless supported in doing so
- To reduce the fear in the general public of helping someone at risk by learning, identifying and referring at risk individuals to available help
- To introduce simple ways of developing positive mental and emotional health within participants
- Increase the general public's understanding of government suicide prevention strategies
- Reduce the stigma and myths around suicide.

Further information:

Delivered by PIPS Hope and Support, Newry
t: 028 302 66195 e: training@pipshopeandsupport.org
w: <https://www.pipshopeandsupport.org/shoulder-to-shoulder>



YOU ARE NOT ALONE WE ARE HERE TO HELP

Don't suffer in silence, reach out for the help and contact us for support. PIPS Hope and Support provides immediate therapy to anyone in the community who is experiencing suicidal thoughts, high levels of anxiety, poor mental health or bereaved through suicide.

CONTACT US TODAY

T: 028 3026 6195

E: info@pipshopeandsupport.org



Together, not alone,
there is HOPE



MENTAL HEALTH - TIER 4
SPECIALISED SKILLS TRAINING

ASIST

Applied Suicide Intervention skills training

Dates: To be confirmed
Time: 2 full days
Venue: To be confirmed

Course details:

ASIST is a two-day workshop aimed at preventing the immediate risk of suicide.

ASIST teaches Suicide First Aid skills to anyone who may come into contact with a person at risk, through the most widely used suicide intervention model in the world. Recognised by the Department of Health, ASIST is fast becoming an essential tool for all community caregivers. Over one million caregivers have participated in this two-day highly interactive, practical, practice-oriented workshop.

This training is provided by the Protect Life resource service

Target audience:

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Individuals not working with/caring for high risk young people or adults should consider attending suicide prevention awareness training or SafeTALK in advance of ASIST.

Anyone with experience of suicide may find ASIST emotionally challenging due to the course content and should consider speaking to the co-ordinator in advance of registering for the training.

Participants must attend on both days to fully complete the training.

Further information:

Delivered by PIPS Hope and Support, Newry
t: 028 302 66195 e: info@pipshopeandsupport.org
or

Action Mental Health, Portadown
t: 028 38 392314 e: menssana@amh.org.uk

Suicide bereavement UK

Offering a range of online workshops on Postvention

The locality Protect Life budget will fund places on these courses / modules for any individual directly involved in supporting those who have been bereaved or impacted by suicide.

Level 1

For those with no knowledge, a basic understanding of Postvention or have an interest in a specific module

- Suicide bereavement and language
- Talking with children and young people when there has been a suicide
- Introduction to Post-traumatic growth

Level 2

Is more specialised (e.g. working with therapeutic tools)

Applying the 'Grief map' model to support people bereaved by suicide

NB. appropriate qualifications required to attend level 2 modules.

PABBS Training (1 day)

PABBS evidence-based one-day training is aimed at anyone who comes into contact with those bereaved by suicide. It aims to equip trainees with the knowledge, skills and confidence to respond appropriately to people who are bereaved in this way. PABBS is CPD-accredited and delivered by two experienced trainers with considerable experience of working with those bereaved or affected by suicide.

For further information

PABBS – PABBS/Suicide bereavement UK for further information contact:

e: paul.higham@suicidebereavementuk.com

w: <https://suicidebereavementuk.com/Evidence-Based-Suicide-Bereavement-Training>

Further information

For details on The Mental
and Emotional Health
and Wellbeing and
Suicide Prevention
Training Framework
please **[click this link:](#)**



For information on courses listed in this directory contact:

Promoting Wellbeing training, St Luke's site, 71 Loughgall Road, Armagh, BT61 7NQ

t: 028 37 564454 e: pwb.training@southerntrust.hscni.net

Visit our webpage: [Click here](#)

SHSCT Staff visit SharePoint: [Click here](#)



Southern Health
and Social Care Trust

TOGETHER, IMPROVING CARE, TRANSFORMING LIVES



Public Health
Agency



Promoting
Wellbeing
DIVISION