

# LGBTQ+ Intermediate Mental Health Training Workshop (Face-to-Face or Virtual Interactive LIVE)

## Who is it for?

**NHS Staff in Primary Care, Community Care, Acute Care (including CAMHS & Mental health services), Educational and other Health and Social providers who work with LGBTQ+ individuals across the UK.**

## Why is it needed?

Evidence shows health outcomes are worse for LGBTQ+ people than the general population; with many LGBTQ+ people feeling uncared for (Government Equalities Office, 2018). There is significant evidence by way of national data and statistics highlighting the necessity for LGBTQ+ people to receive better care and for staff to be more understanding of LGBTQ+ needs (PHE, 2017).

Compassionate staff training around LGBTQ+ people and their potential vulnerabilities has been shown to impact on the way individual staff members are able to re-evaluate their beliefs and assumptions, which may have previously caused them to have actively avoided treating/working with LGBTQ+ individuals.

## Workshop overview

### *What is LGBTQ+ Intermediate Mental Health Training?*

LGBTQ+ Intermediate Mental Health Training is a 1/2 day interactive, informative and thought provoking face-to-face/virtual workshop designed with HEE. The training will be delivered by Dr Jamie Willo, Darzi Fellow and ACP accredited Child and Adolescent Psychoanalytic Psychotherapist working with Sussex Partnership NHS Foundation Trust in Children services for over 10 years. Jamie allows participants to experience how it may feel to be in the shoes of an LGBTQ+ person in our society, and highlights the difficulties faced on a day to day basis by LGBTQ+ people. The workshop is a safe, explorative space.

The objective of the workshop is to:

***Improve the ability of organisations, teams and individuals who work with the LGBTQ+ community to be aware of the difficulties & mental health issues faced by LGBTQ+ individuals and to build upon knowledge & understanding.***

After the training workshop participants will have the following skills:

- **Increased awareness of LGBTQ+ mental health issues**
- **Ability to discuss LGBTQ+ mental health issues and to understand it's complexity**
- **Confidence to work with people who present as LGBTQ+ with mental health issues**
- **Greater knowledge/understanding LGBTQ+ mental health**



## The workshops topics include:

- **LGBTQ+ Identity today**
- **Change in political climate**
- **Laws, history, movements**
- **Statistics & research**
- **LGBTQ+ Mental health**
- **LGBTQ+ Deliberate self harm**
- **LGBTQ+ Common sources of distress**
- **LGBTQ+ Misconceptions and myths**
- **LGBTQ+ Prejudice, discrimination**
- **LGBTQ+ Hate crimes**
- **LGBTQ+ In the workplace**
- **Personal reflection**

*“Open, curious, non-judgemental atmosphere with varied and helpful activities. Excellent videos and data driven content”*

*“Interactive, open to discussion and adaptable to give us insight into our own individual roles”*

*“Inspiring, thought provoking, and brought clarity to past patients I have dealt with”*

## Types of Training:

*There are 4 types of LGBTQ+/gender identity interactive face-to-face/ virtual training sessions available:*

| Name of Training                                 | Duration | Location                                | Attendees            |
|--|----------|---|----------------------|
| LGBTQ+/ Gender Identity Basic Awareness Training | 3 hours  | Flexible – trainer will travel to teams | Maximum 20 attendees |
| LGBTQ+ Intermediate Mental Health Training       | 3 hours  | Flexible – trainer will travel to teams | Maximum 20 attendees |
| LGBTQ+ Suicide and Self Harm Awareness Training  | 6 hours  | Flexible – trainer will travel to teams | Maximum 20 attendees |
| LGBTQ+ Train the Trainer                         | 2 Days   | Flexible – trainer will travel to teams | Maximum 6 attendees  |

*It is advisable to undertake the basic awareness training before undertaking the intermediate mental health training or the suicide and self-harm awareness training.*

**For more information or to book training for your team/organisation contact: [jamie.willo@nhs.net](mailto:jamie.willo@nhs.net)**

