

Mental Health & Neuro Diversity

Create a combination for your unique environment

Duration

Bespoke

Introduction

We have a menu of support and training so you can create a tailored option that is right for your needs. We can do awareness raising, general talks and workshops.



Lainy has a background in neurodiversity and disability teaching and learning and supports both private companies and educational settings with inclusivity, equality and diversity. She touches on the current legislation and HR requirements as well as looking at reasonable adjustments.



Ruth is our mental health expert; she has a love of mental health nursing with a wealth of knowledge and is called upon regularly to train other medical professionals. Ruth also has previous experience of managing a ward with CAMHS Specialised Unit and guest lecturers at Brighton University.

Workshops & Talks

Certificates

- **Mental Health First Aid**
- **Safeguarding**

NB: each workshop will give tips and tools on how to work, train/teach and support people with the following conditions and where to go for help and support.

Autism – what this is, how we define the ‘spectrum’, outdated beliefs and how sensory systems impact on how we interpret the world

ADHD & PDA – looking at the overall disorders and how they present differently in males and females. Ruth discusses emotional regulation, distress tolerance and managing behaviour

OCD – What this truly means, misconceptions and living with OCD. Levels of impact on daily living and some of the mistakes we make when supporting people

Dementia Awareness – Types, causes/risk factors and assessment. Communication and behaviour

Eating Disorders – The basics and ‘must knows’. Physical symptoms and cognitive intrusive thoughts. Dealing with misconceptions and how to support.

Mental Health in under 18’s – Looking at most common conditions and how trauma affects behaviour.

Self-Harm – looking at the function of self-harm and managing risks. Boundaries and support.

Social Media and Mental Health – An enlightening talk to help people manage their own and other’s relationship with social media and mobile phone use

Substance Misuse – Giving confidence to those who are dealing with people experiencing substance misuse. Understanding the range of substances that are misused and their affect.

Suicide Awareness – Warning signs and indicators. Causes and triggers. Stigma and stereotypes. What you can do and what is not within your scope. Where to go for help.

If you do not see what you want, then please ask as this is not an exhaustive list

