



COMPASSIONATE CONVERSATIONS

Designed to help employees understand common mental health problems and implement evidence-based tools that aid caring and supportive conversations around mental health.

Interactive activities and educational material will develop skills such as active listening and reflective phrasing, enabling them to conduct safe and compassionate conversations about mental health. This course provides practical strategies for self-care in order to safeguard the wellbeing of those in caring and pastoral roles.

Find out more overleaf



This course will include:

- Understanding Mental Health and Common Mental Health Issues
- Compassionate conversation skills
- Introduction to the LASS Model (Listen, Ask, Support, Signpost)
- Duty of care – staying mentally healthy
- Signposting and Support

This course will not:

- Enable you to diagnose people
- Make you a counsellor or enable you to counsel people

Learner requirements: None

Time scale: 3 hours

Group numbers: 8 - 15

This course will incorporate a mix of slides and audience participation coupled with group work and exercises.

**FOR MORE INFORMATION
CONTACT:**

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