

# Training the trainer

## Mainstreaming mental health promotion into primary care

March and April 2008



**Health**  
Promotion  
Agency



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## Mainstreaming mental health promotion into primary care

As a follow on to the depression awareness training programme for GPs developed in 2006, the Health Promotion Agency for Northern Ireland is now organising a second series of seminars supporting a “whole practice” approach to mental health promotion. The half day seminars will take place across Northern Ireland in March and April 2008.

Date	Time	Venue
11 March	1.45pm-5.15pm	Ramada Hotel, Belfast
12 March	9.30am-1.30pm	City Hotel, Londonderry
2 April	9.30am-1.30pm	Tullyglass Hotel, Ballymena
3 April	9.30am-1.30pm	Canal Court Hotel, Newry

Lunch will be provided before the 11 March afternoon seminar at 12.45pm and following the three morning seminars at 1.30pm.

As a result of attending the seminars participants will gain:

- an awareness of the settings approach as a process and how it can be used to mainstream mental health promotion;
- an understanding of an evidence based framework and tools for mainstreaming mental health promotion in primary care;
- foundation level knowledge of the evidence for mental health promotion interventions in primary care with examples of good practice;
- knowledge of primary care external drivers, performance priorities and ways of working;
- practical methods for engaging primary health care teams;
- knowledge of impact evaluation frameworks;
- the ability to apply learning through the development of an action plan.

### Potential participants

The seminars will be of interest to GPs, Practice Nurses, Practice Managers, Mental Health Promotion staff and anyone else with an interest in mental health promotion in the primary care setting.

### Facilitator

Dr Maryanne Freer is Director of Primary Care Partners (PCP), an England-based organisation development company specialising in public mental health and primary care. Dr Freer has led a number of local and regional projects on mental health promotion in primary care, including the production of the Mental Health Promotion Toolkit for Primary Care with the National Institute of Mental Health, England. She has also delivered workshops within the Royal College of General Practitioners. PCP hosts a regional primary care mental health leadership programme.

### Cost

The funding for the seminars has been provided under *Protect life – a shared vision: The Northern Ireland suicide prevention strategy and action plan 2006–2011*. This enables the seminars to be offered free of charge. Locum cover is also available for GPs wishing to attend.

### Booking

Places are limited to 20 per seminar and we anticipate high demand. You are therefore encouraged to book early, to avoid disappointment.

Places can only be secured on receipt of a completed booking form. The enclosed form can be photocopied. You can also book online at [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)