



**MindEd**  
*elearning to support healthy minds*

# MindEd Session Brochure

**A complete guide to the topics featured on the MindEd hub, including a list of our 500+ free to access elearning sessions, written and created by experts.**

MindEd is led by a consortium of organisations and is funded by Health Education England, the Department of Health and Social Care and the Department for Education.

e-LfH is a Health Education England Programme in partnership with the NHS and Professional Bodies.

# What is MindEd?

**MindEd is a free elearning resource, funded by Health Education England, the Department of Health and Social Care and the Department for Education, aimed at equipping professionals and members of the public with evidence-based information about children, young people, adults, and older people's mental health.**

Applicable across the health, social care, education, criminal justice and community settings, our elearning is aimed at anyone from beginner through to specialist.

**MindEd has 3 websites:**

**Across our sites, MindEd helps users to gain:**



the knowledge to support  
their own wellbeing



the understanding to identify  
a child or adult at risk of a  
mental health condition



the confidence to act on their  
concern and, if needed, signpost  
to services that can help



## **Written by experts**

All our elearning is written by experts in mental health, alongside people with lived experience of the issues being tackled.



## **Interactive content**

Sessions take 30 to 40 minutes to complete and are interactive, including video content. There are standard knowledge-based sessions as well as skills building sessions which can be used for classroom-based learning.



## **Free login**

All MindEd content is open access, however we also offer users the option to make a free login to our elearning hub. This unlocks features including the option to track learning and download certificates on completing a session.

# Learning Paths

**The MindEd website holds over 500 free elearning sessions, but not all of these will be appropriate for all users.**

We offer the option for organisations to create their own MindEd Learning Path – a section of the site where we gather our most relevant content for your audience in one place. Your learning path will have a unique URL so you can signpost your users straight to it.

By creating a Learning Path, you will be identifying a 'starter pack' of sessions which are most relevant to your user group, so that they can quickly access them. You can include introductory text, with images and links to your own website.




## **Find out More:**

It is free to create a learning path. Use this brochure to select your preferred sessions, and then contact [minded@rcpsych.ac.uk](mailto:minded@rcpsych.ac.uk) to enquire about building your MindEd Learning Path.

# MindEd elearning Sessions

**This brochure details all of MindEd's elearning sessions, which can be found on the hub within the below programmes:**



*Click on a programme  
to view the sessions*


# MindEd Adverse Childhood Experiences (ACEs)

## Overview:

A child whose mind and body is overly stressed and in fight, flight or freeze modes is not open for learning.

Adverse Childhood Experiences (ACEs) have short and long term negative life changing consequences across education, health, care, criminal justice and later employment, and life expectancy outcomes.

## MindEd Adverse Childhood Experiences (ACEs) Sessions:

*Click on a session to view it online* 

# MindEd Blue Light Services

## Overview:


This elearning is for all emergency and first responders, in all fields, not just the NHS. We include here Police, Fire and Rescue, Lifeboats and Waterways, Railways, Search and Rescue.

The aim is to help staff to identify, better support each other and so to manage early distress and stress in its various forms. This includes, but is by no means limited to, vicarious trauma experienced either by themselves or other members of their team as a result of their work.

Rates of distress and mental disorder in blue light service staff are known to be high. Collectively blue light personnel and emergency responders have expressed a wish to be able to support each other better. This includes improved awareness.

There are two sets of top tips and four full elearning sessions, to support blue light staff, managers and services to consider their team and organisational culture, to supporting each other and looking out for distress safely and effectively and to have good, safe conversations that build trust.

## MindEd Blue Light Services

*Click on a session to view it online* 

# Combining Therapies

## Overview:


Traditionally Combination Therapies are taken to mean that one of the treatments involves medication. However, the structured care approach considered in this MindEd training programme is equally applicable where none of the combined treatments is medication.

The programme starts with an introduction to the structured care framework, The Fundamentals of Combination Therapies. In these 3 linked sessions you can explore a structured care approach that supports high quality delivery of combined treatments.

The Neuroscience module provides you with an insight into the rapidly developing science that underpins the treatments or interventions.



## MindEd Combining Therapies Sessions (1 of 2)

*Click on a session to view it online* 

## MindEd Combining Therapies Sessions (2 of 2)

*Click on a session to view it online* 

# MindEd Core Content


## Overview:

The MindEd Core Curriculum is directly aimed at all adults working as professionals or volunteers with children and young people and is not aimed specifically at a specialist child mental health audience. It offers elearning to inform about the mental health of children and young people, what goes wrong and what can be done to help. It provides a wealth of information on child development, how problems show and will give practical insights into when to be concerned, what to do and when to refer on to specialists.


We realise that you may have little or no training in mental health issues in children and young people. These sessions are intended to provide you with guidance and support. They will increase your knowledge and build your confidence. However, they cannot replace formal training in these complex issues.

For more information about the role of the MindEd Core Curriculum and how to use it, please refer to the session “Introduction to MindEd Core Content”.


# MindEd Core Content Sessions (1 of 7)

*Click on a session to view it online* 


# MindEd Core Content Sessions (2 of 7)

Click on a session to view it online 


# MindEd Core Content Sessions (3 of 7)

Click on a session to view it online 

# MindEd Core Content Sessions (4 of 7)


Click on a session to view it online 

# MindEd Core Content Sessions (5 of 7)


Click on a session to view it online 



# MindEd Core Content Sessions (6 of 7)

Click on a session to view it online 

# MindEd Core Content Sessions (7 of 7)

Click on a session to view it online 

# MindEd Counselling


## Overview:

This programme offers accessible, engaging elearning to trainee and practising counsellors who want to work with children, young people and young adults, or who already do so. Counselling MindEd is not intended as a substitute for face-to-face learning but as a supplement to it.


Counselling MindEd has been developed by the British Association for Counselling and Psychotherapy through funding by the Department of Health. The authors of the Counselling MindEd sessions are all leading trainers and practitioners in the field of counselling children, young people and young adults.

Counselling MindEd consists of 46 half-hour sessions of elearning, organised into 11 modules. You can follow the Counselling MindEd modules and sessions in sequential order. Alternatively, you can develop your own learning programme and pick and choose sessions from Counselling MindEd and the wider MindEd programme. You can do 1 session, or you can do over 200. Any time, wherever you want. It's up to you.


## MindEd Counselling (1 of 4)

*Click on a session to view it online* 


## MindEd Counselling (2 of 4)

*Click on a session to view it online* 

## MindEd Counselling (3 of 4)

*Click on a session to view it online* 

## MindEd Counselling (4 of 4)

*Click on a session to view it online* 

# MindEd For Families

## **Overview:**

MindEd for Families builds on the success of the MindEd elearning portal, developed in partnership with Health Education England elearning for healthcare (HEE elfh). MindEd is funded through the Department of Health and HEE. MindEd for Families has been funded by the Department for Education (DfE) and NHS England (NHSE).

MindEd for Families has been developed in 2 phases. The 1st phase, funded by DfE, is intended to support parents and those caring for children and young people in their family when they are concerned about a young person's mental health or wellbeing. The 2nd phase, funded by NHSE, provides support for older people and their families when they are concerned about mental health and wellbeing, either their own or other family members.




## MindEd For Families – Young People (1 of 5)

*Click on a session to view it online* 

## MindEd For Families – Young People (2 of 5)

*Click on a session to view it online* 


## MindEd For Families – Young People (3 of 5)

*Click on a session to view it online* 


## MindEd For Families – Young People (4 of 5)

*Click on a session to view it online* 


## MindEd For Families – Young People (5 of 5)

*Click on a session to view it online* 

## MindEd For Families – Older People (1 of 2)

*Click on a session to view it online* 

## MindEd For Families – Older People (2 of 2)

*Click on a session to view it online* 

# MindEd Healthy Child Mental Health Framework


## Overview:

The Healthy Child Mental Health Framework brings together elearning from 2 existing programmes (Healthy Child Programme and Adolescent Health Programme) and 1 new programme (Healthy School Child Programme) relating to children and young people's mental health.


The full health programmes are freely available for all healthcare professionals working with children and young people aged 0 to 18 but, as part of the MindEd programme, the mental health elements are being made freely available to anyone who works or volunteers with children or young people.




## MindEd Healthy Child Mental Health Framework Sessions (1 of 7)

*Click on a session to view it online* 


## MindEd Healthy Child Mental Health Framework Sessions (2 of 7)

*Click on a session to view it online* 


## MindEd Healthy Child Mental Health Framework Sessions (3 of 7)

*Click on a session to view it online* 


## MindEd Healthy Child Mental Health Framework Sessions (4 of 7)

*Click on a session to view it online* 


## MindEd Healthy Child Mental Health Framework Sessions (5 of 7)

*Click on a session to view it online* 

## MindEd Healthy Child Mental Health Framework Sessions (6 of 7)

*Click on a session to view it online* 

## MindEd Healthy Child Mental Health Framework Sessions (7 of 7)

*Click on a session to view it online* 

# MindEd Improving Workforce Wellbeing, Resilience and Population Mental Health


## **Overview:**

This programme brings together MindEd sessions and resources from elsewhere to support workforce wellbeing, resilience and population mental health.

Note: When accessing this programme on the website you will find additional sessions, taken from other MindEd programmes, which are also relevant to workforce wellbeing.



# MindEd Improving Workforce Wellbeing, Resilience and Population Mental Health Sessions

Click on a session to view it online 

# Learning Disabilities Mental Health


## Overview:

In 2019 Health Education England and NHS England published the 'Core Capabilities Framework for Supporting People with a Learning Disability'. This includes people with autism and learning disability. It was produced in partnership with Skills for Care and Skills for Health.


The 5 MindEd Learning Disability Mental Health modules in this programme now comprise of 19 separate sessions of elearning. They are based on the Core Capabilities Framework. The sessions are intended to support the development of knowledge, skills and competencies related to the mental health of people with learning disability, including people with learning disability and autism.

The programme is complemented by and cross refers to our linked [Disability Matters elearning programme](#) (Disability Matters covers all types of disability in 0 to 25 year olds).

## Learning Disabilities Mental Health Sessions

*Click on a session to view it online* 

## Learning Disabilities Mental Health Sessions

*Click on a session to view it online* 

# Suicide and Self-Harm Prevention SSHP

## Overview:

MindEd is part of the National Suicide and Self-Harm Prevention programme (SSHP) and aims to help everyone involved including frontline staff in adult settings, care services, first responders, teachers, social workers, volunteers and parents understand better how to approach all ages from children and young people through to adults\*, in such situations. What the MindEd SSHP offers are skills building scenarios and supporting knowledge sessions to help you know the dos and don'ts in these difficult situations. All sessions can be used in workshop settings as well as single learner settings. The case scenario skills building sessions have specific workshop and blended learning support materials including PDFs.

## Suicide Sessions (1 of 3)

*Click on a session to view it online* 

## Suicide Sessions (2 of 3)

*Click on a session to view it online* 

## Suicide Sessions (3 of 3)

*Click on a session to view it online* 




# MindEd Targeted and Specialist CAMHS


## Overview:

Targeted and Specialist CAMHS (Child and Adolescent Mental Health Services) provides topics suitable for a range of people; from those entering specialist and targeted CAMHS for the first time, to therapists training to undertake specific therapeutic interventions, to those who are training for leadership roles within services. The elearning is not intended as a substitute for face-to-face learning but as a supplement to it.


## MindEd Targeted & Specialist CAMHS Sessions (1 of 10)

*Click on a session to view it online* 


## MindEd Targeted & Specialist CAMHS Sessions (2 of 10)

*Click on a session to view it online* 


# MindEd Targeted & Specialist CAMHS Sessions (3 of 10)

Click on a session to view it online 


## MindEd Targeted & Specialist CAMHS Sessions (4 of 10)

*Click on a session to view it online* 


## MindEd Targeted & Specialist CAMHS Sessions (5 of 10)

*Click on a session to view it online* 

## MindEd Targeted & Specialist CAMHS Sessions (6 of 10)


*Click on a session to view it online* 

## MindEd Targeted & Specialist CAMHS Sessions (7 of 10)


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## MindEd Targeted & Specialist CAMHS Sessions (8 of 10)

*Click on a session to view it online* 

## MindEd Targeted & Specialist CAMHS Sessions (9 of 10)

*Click on a session to view it online* 

## MindEd Targeted & Specialist CAMHS Sessions (10 of 10)

*Click on a session to view it online* 

# Wellbeing for Education Return

## Overview:

Wellbeing for Education Return aims to support staff working in schools and further education providers to respond to the additional pressures that some children and young people and their parents and carers may be feeling as a direct result of the coronavirus pandemic, as well as to any emotional response that they or their teachers may be experiencing from bereavement, loss, stress, trauma, low mood or anxiety. This national project involves funding and resources for local authorities to train and support schools and further education providers to respond to the short - and medium term - wellbeing and mental health impacts of Covid-19, and provide ongoing support and advice.

## Wellbeing for Education Return

Via the link you will find 2 folders: the 1st is a 'brief content' folder which contains a recorded webinar, 'Every Interaction Matters', and supporting information sheet for education staff. This sits alongside a 2nd, 'full content' folder which contains the complete, hyperlinked Wellbeing for Education Return materials (also available for education staff to use) and resources for the local experts providing locally adapted training and support.

*Example session material*



Wellbeing for Education Return has been funded by the Department for Education and Department of Health and Social Care, in partnership with Health Education England, Public Health England and NHS England and Improvement. The material has been developed by MindEd, and initial training for local experts and the webinar for education staff delivered by the Anna Freud National Centre for Children and Families. All Wellbeing for Education Return resources have been developed with input from mental health and education experts, local authorities, the voluntary and community sector and school and further education leaders.

# MindEd Top Tips Hub

## **Overview:**

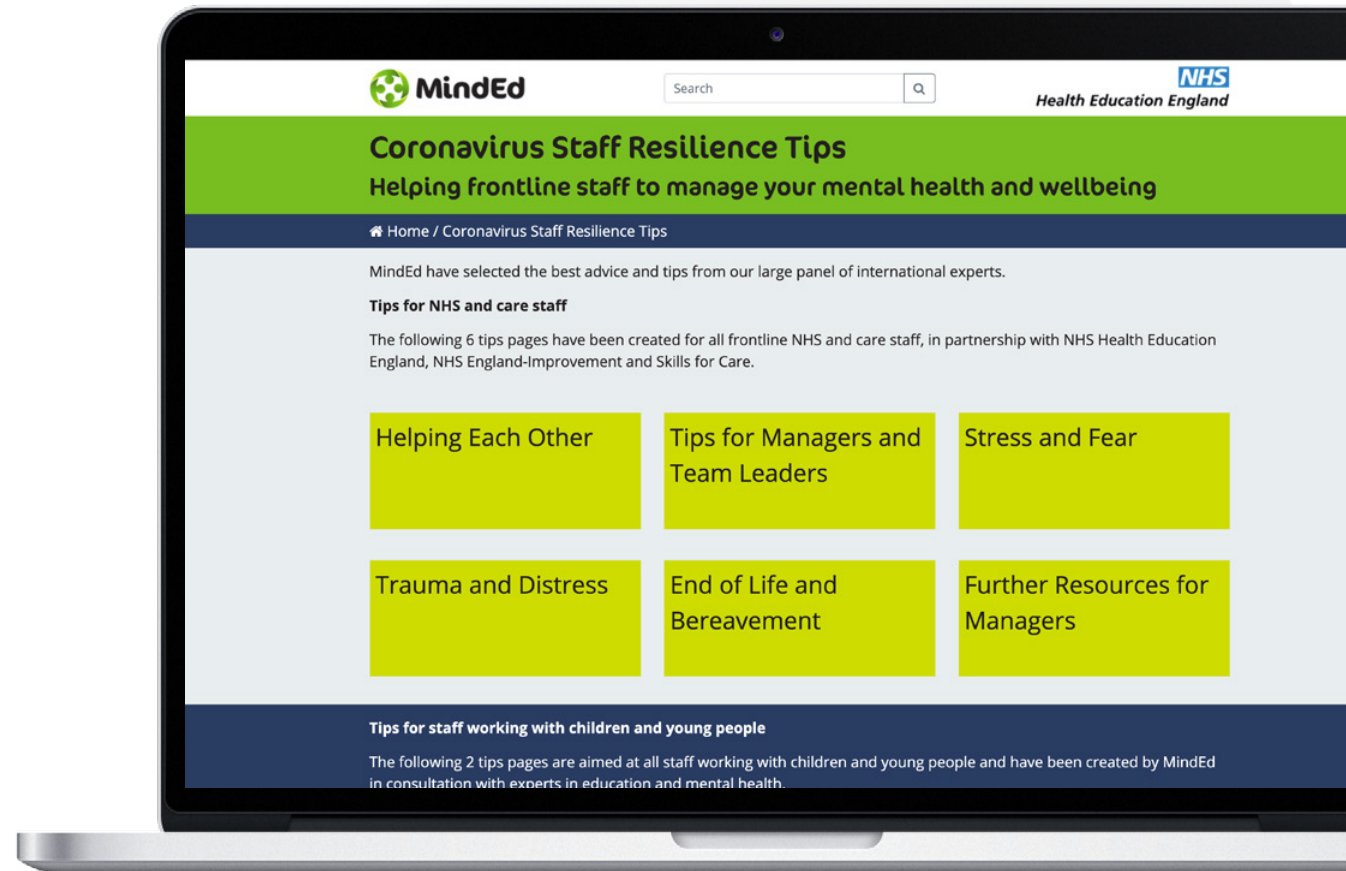
Minded has developed a number of top tips to offer wellbeing support to those who are short on time. The website offers the best advice from our large panel of international experts. Topics include tips for frontline NHS and care staff, and all staff working with children and young people, who are working through the coronavirus pandemic, and advice for Blue Light services staff.

## Coronavirus Staff Resilience Tips

### Helping frontline staff to manage your mental health and wellbeing

The Coronavirus Staff Resilience Tips were created by MindEd in collaboration with a large panel of international experts and aim to help frontline staff to manage their mental health and wellbeing during the pandemic. There are tips aimed at NHS and Care staff covering topics such as helping each other, end of life, stress and fear, and tips aimed at professionals involved with caring for children and young people, including teachers and education staff, on supporting children experiencing stress, and helping children or young people who have lost a loved one, or faced loss in other forms, during the pandemic.

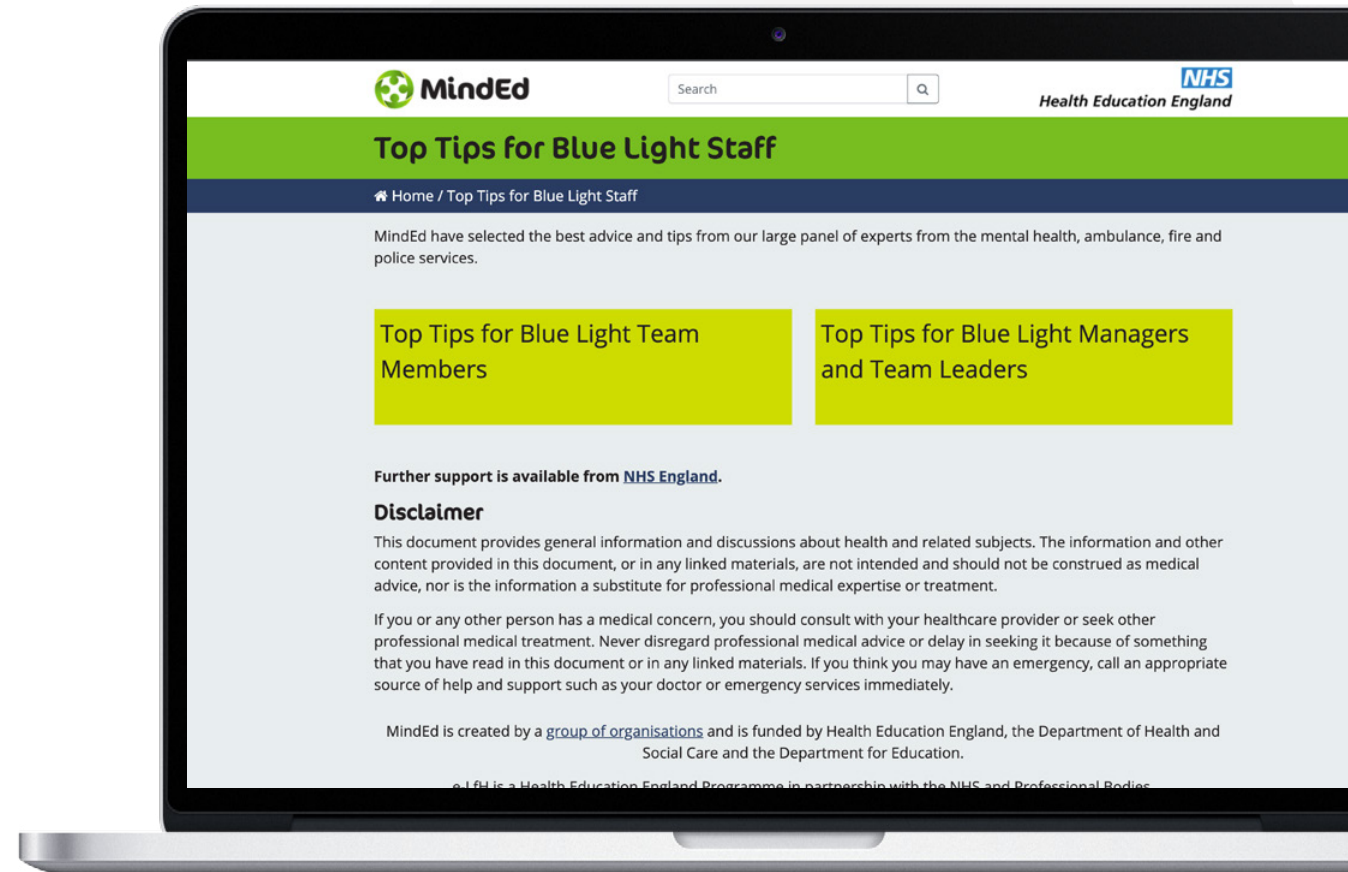
*The best advice and tips  
from our large panel of  
international experts*



## Top Tips for Blue Light Staff

**The best advice and tips from our large panel of experts from the mental health, ambulance, fire and police services.**

Including tips for Blue Light Team Members, intended to help staff build healthy, mutual support amongst colleagues, manage stress and reduce risk of burn-out, and tips for managers and team leaders, to help them to build psychosocial resilience and wellbeing across their teams, and support those with additional mental health and wellbeing needs.



*The best advice and tips from our large panel of experts from the mental health, ambulance, fire and police services*





## Contact Details

### Our sites:

[www.minded.org.uk](http://www.minded.org.uk)

[mindedhub.org.uk](http://mindedhub.org.uk)

[www.mindedforfamilies.org.uk](http://www.mindedforfamilies.org.uk)

**Email address:** [minded@rcpsych.ac.uk](mailto:minded@rcpsych.ac.uk)

**Phone Number:** 0208 618 4145

**Address:** 21 Prescott Street, London, E1 8BB

 @MindEdUK

## Coming Soon on the MindEd Hub:

- Elearning about stopping the overmedication of people with a learning disability or autism or both (STOMP)
- Elearning about bullying and cyberbullying
- Elearning about schools mental health policy
- Elearning about gender dysphoria