

## **Workshop information for the BMC Mental Health Training Weekend 2022**

Plas Y Brenin, 12<sup>th</sup> and 13<sup>th</sup> November

### **Managing Anxiety in the Outdoors**

This session will look at the effects of anxiety on people we may work with in climbing, walking or mountaineering and how we can help them to develop healthy coping skills.

### **Introduction to Mental Health First Aid**

Often, it can feel quite overwhelming to consider the many nuances of mental health issues, especially if we have an individual who is suffering *in our care*. The workshop is designed to offer reassurance about mental health matters in our outdoor setting. Just as in physical first aid, we will look at how we can spot the signs of the more common illnesses, what we *can* do about them, and what we can encourage the individual to do. We do not have to be experts in the field of mental health to be able to support someone, just as in physical first aid. We will look at common misconceptions, help and support available, tools and practical applications, and the need to look after ourselves above all.

In these difficult times, we are ever more likely to come across someone (even ourselves) who is having a really hard time, and doesn't know what to do about it. We do not have to be qualified to be able to reach out, or indeed find where to look for available help. Sometimes, knowing and accepting our limitations in a situation will be the most helpful thing to the individual. Importantly, the workshop will allow us to explore the line between us helping, and seeking further support, just as in physical first aid.

### **Mental Health First Aid Refresher**

For people who have attended a Mental Health First Aid course and wish to refresh their knowledge on some of the key areas.

### **Safe Caring**

Considering issues of vulnerability, what might lead to people feeling vulnerable or unsafe and what we can do to create an environment where people can feel safe and supported.

### **Green prescribing**

A workshop exploring some of the most basic areas in a relatively new field of joining up the subject of green prescribing with primary care. How do we open up

opportunities in the outdoors for people accessing primary care on a regular basis. What barriers currently exist and how do we tackle those barriers. Perceptions of the outdoors by people who may not have had opportunities before. How do the main representative bodies shape those perceptions. Is there a need for change. If there is how can we effect change.

### **Climbing Alongside Mental Health**

This session will introduce Climb Alongside Mental Health, the non-profit that aims to; reduce the stigma around mental health within the climbing community; promote the positive benefits of climbing for wellbeing and mental health; and assist those experiencing low mental health or wellbeing to access climbing. An overview of our climbing initiative will be presented, detailing our partnerships with climbing walls across England. We will also present a summary of the research around climbing, mental health, and wellbeing.