



Mentallylab

BeOn*



Mentallychampions

**TRAINING IN PSYCHOLOGICAL PREVENTION AND
MENTAL HEALTH FIRST AID**

For health and safety professionals, occupational health staff, health and safety managers and practitioners, and informal mental health leaders ('Champions Network')

Objective

The aim of this training is to provide participants with **basic knowledge of Mental Health**, including an understanding of how a mental health problem develops and the key role that coping skills play.

Basic guidance on early action and indicators of severity will be provided to support referral to specialist services.

This includes **developing emotional and communication skills** to support employees through this process and subsequently with any **support needs** that may arise in the day-to-day life of the organisation.



Contents

BLOCK 1

Mental health awareness and understanding.

Mental health: basic concepts.
Biopsychosocial approach. How a mental health problem develops.

Risk factors and protective factors
in the development of a mental health problem.

BLOCK 2

Common mental health problems.

General indicators of mental health problems.

Distinguishing everyday difficulties from
psychopathology and basic response guidance:

- 1) Depression
- 2) Suicide risk
- 3) Anxiety
- 4) Eating problems
- 5) Addictions.

Contents

BLOCK 3

Being a Mentally Champion

Role of the Mentally Champion: scope of action - where we can and cannot intervene.

Emotional styles: how to approach different personalities to understand and support them with their difficulties.

Attitudes that help and those that do not. Promoting awareness.

Communication skills (listening, empathy, support) for talking about mental health.

Tools and action guidelines for mental health **self-care:**
practical coping and prevention techniques for mental health.

Structure

- **2 eight-hour workshops** or 4 four-hour workshops
- **Format:** In person (preferred) or live online.
- **Group size:** max. 15 participants.
- **Comprehensive documentation** is provided.
- **Brief queries can be answered** by email.
- Option of **mentoring and supervision** sessions to resolve questions in specific situations.

Facilitation

Fully participative sessions, featuring numerous exercises and practical case studies.

Facilitator

ROSANA CALVO CRUZA

Health psychologist, emotional intelligence expert and coach.

Key qualifications:

- Degree in Psychology
- Master's in Clinical Psychology
- EMDR Therapist, Level II
- Master's in Emotional Intelligence
- NLP Practitioner
- Advanced Course in Coaching

Related experience:

- Health psychologist accredited by the Community of Madrid.
- Technical Director of Gimnasio emocional® since 2016.
- Trainer at Gimnasio emocional®. She has delivered more than 700 emotional skills workshops across more than 25 large companies.
- Lecturer on master's programmes in coaching, NLP and Emotional Intelligence (2012-2017).
- 13 years' experience as a psychologist at a Community of Madrid rehabilitation centre for people with severe mental illness.
- 12 years' experience as a health psychologist in private practice.
- Director of the corporate psychological support service at Gimnasio emocional®.
- Co-creator of the FORTIA® psycho-emotional resilience model.

WITH THE SUPPORT OF

