

## MULTIDISCIPLINARY TRAINING PROGRAMME

### Transforming mental health support through collaboration

#### Agenda

#### Core Training

Day One	
09:00	Presentations: registration, welcome, logistical overview, training content, introduction of trainers and participants
10	Contextualisation 1: mental health needs, gaps and potential challenges
11	<i>Coffee break</i>
11:15	Context 2: Need for a multidisciplinary approach and presentation of the intersectoral competency framework for mental health
12:00	Core helping skills: their importance in mental health support
1 p.m.	<b>Lunch</b>
2 p.m.	Mental health knowledge: how can we better understand the people around us?
3:30	Mental health issues and risk assessment: we all have a role to play
4:30 p.m.	<i>Coffee break</i>
4:45	Reflections and summary of the first day
5:15	End of the first day and free time

Second day	
09:00	Reflections on the first day
10	Navigating broader support and care systems; referral and help people navigate between different services
11 a.m.	<i>Coffee break</i>
11:15	Making an impact based on evidence
1 p.m.	Lunch
2 p.m.	Collaborating/communicating with external professionals and services in your own sector and organisation
3:30	Final reflection and application in participants' workplaces
4:30	<i>Coffee break</i>
4:45	Closing remarks and presentation of certificates
5:15	End of basic training