

# VIRTUAL MENTAL HEALTH & WELLBEING TRAINING - GG&C

## Maintaining Wellbeing

Course duration: 1.5hr

At the end of this session, you should be able to:

- Identify your own responsibilities in creating a mentally healthy workplace
- Understand stress, what this looks like for you, and ways to manage
- Understand the impact of poor wellbeing on yourself, your workplace and your society
- Utilise tools and understand signposting to look after your wellbeing

After the session, you will receive a take home workbook which includes individual, reflective exercises for completion in your own time.

## Building Resilience

Course duration: 1.5hr

At the end of this session, you should be able to:

- Understand the relationship between wellbeing and resilience
- Understand the definition of resilience, what it means, and the key elements involved in building personal resilience
- Discuss activities which can focus on building personal resilience, as well as partake in a live activity

After the session, you will receive a take home workbook which includes individual, reflective exercises for completion in your own time.

## Introduction To Suicide Prevention

Course duration: 1.5hr

At the end of this session you should be able to:

- Have deeper insight into current prevalence and statistics around suicide
- Be able to spot signs which may be associated with suicide, and discuss helpful questions which clarify suicide
- Identify the power of listening and the importance of signposting as a key element for support
- Understand the importance of keeping yourself safe

At the end of this course you will receive a follow up email with guidance notes and signposting resources.

*\*\*Please note that this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention. The use of virtual platforms cannot guarantee a confidential safe-space. Please refer to our classroom taught courses for more information on Suicide Prevention training.*

| Course                | Date       | Time       | Platform |
|-----------------------|------------|------------|----------|
| Maintaining Wellbeing | 13/04/2021 | 10-11.30am | Zoom     |
|                       | 19/04/2021 | 2-3.30pm   | Teams    |
|                       | 17/05/2021 | 2-3.30pm   | Zoom     |
|                       | 09/06/2021 | 10-11.30am | Teams    |

| Course              | Date       | Time       | Platform |
|---------------------|------------|------------|----------|
| Building Resilience | 12/04/2021 | 2-3.30pm   | Teams    |
|                     | 14/04/2021 | 2-3.30pm   | Zoom     |
|                     | 26/05/2021 | 10-11.30am | Teams    |
|                     | 03/06/2021 | 10-11.30am | Zoom     |

| Course                             | Date       | Time       | Platform |
|------------------------------------|------------|------------|----------|
| Introduction to Suicide Prevention | 27/04/2021 | 2-3.30pm   | Teams    |
|                                    | 10/05/2021 | 2-3.30pm   | Zoom     |
|                                    | 24/05/2021 | 2-3.30pm   | Teams    |
|                                    | 16/06/2021 | 10-11.30am | Zoom     |

### **Mental Health in the Workplace – A Guide for Managers**

**Course duration: 3hr (x2 1.5 hour sessions over morning and afternoon)**

At the end of this session, you should be able to:

#### **First 90 minute slot**

- Understand what mental health is and movement along the mental health continuum
- Begin to think about management responsibilities in creating a mentally healthy workplace
- Understand stress and the ways in which this may present within our staff

#### **Second 90 minute slot**

- Understand employers and managers legal duties in relation to mental health in the workplace
- Understand the most common mental health problems (depression & Anxiety)
- Practice approaching mental health in the workplace and having a conversation around this
- Managing mental health related absence and tools which can be used in conjunction

At the end of this session you will receive a follow up resource pack which includes tools for managing mental health in the workplace.

### **Mental Health: Supporting Others**

**Course duration: 2hr**

Recommended for anyone who would like further support and guidance on having conversations in relation to mental health and wellbeing. The course increases awareness of mental health problems, moving along the mental health continuum, and preparing for having the conversation.

**By the end of the course participants will be able to:**

- Understand what mental health and wellbeing is
- Understand the most common mental health problems, and how they may manifest in others
- Identify early warning signs and triggers of poor mental health
- Create a safe space to confidently facilitate a conversation around mental health

| <b>Course</b>                         | <b>Date</b> | <b>Time</b>           | <b>Platform</b> |
|---------------------------------------|-------------|-----------------------|-----------------|
| <b>Mental Health in the Workplace</b> | 08/04/2021  | 10-11.30am & 2-3.30pm | Teams           |

| <b>Course</b>                           | <b>Date</b> | <b>Time</b> | <b>Platform</b> |
|-----------------------------------------|-------------|-------------|-----------------|
| <b>Mental Health: Supporting Others</b> | 15/04/2021  | 10-11.30am  | Zoom            |
|                                         | 12/05/2021  | 2-3.30pm    | Teams           |
|                                         | 27/05/2021  | 2-3.30pm    | Zoom            |
|                                         | 10/06/2021  | 2-3.30pm    | Teams           |
|                                         | 15/06/2021  | 10-11.30am  | Teams           |

*Please note, all courses will run for the duration outlined above, so please only book on to these courses if you are able to stay for the full duration. Please also only book on to Mental Health in the Workplace if you are a manager/have line management duties within your role and can attend both am & pm sessions.*



## **HOW TO BOOK**

To book onto courses offered on this flyer please email; [training@samh.org.uk](mailto:training@samh.org.uk) with the following information;

- **Name**
- **Job Role**
- **Organisation**
- **HSCP Area**
- **Managers Name & Email**

*If you are based in Glasgow, please specify if it's the North East, North West or South.*