

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.

Course	Date	Time	Platform
Maintaining Wellbeing	07/07/2021	10-11.30am	Teams
	27/07/2021	2-3.30pm	Zoom
	11/08/2021	10-11.30am	Teams
	24/08/2021	10-11.30am	Teams
	06/09/2021	2-3.30pm	Zoom

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.

Course	Date	Time	Platform
Building Resilience	09/07/2021	10-11.30am	Zoom
	28/07/2021	2-3.30pm	Teams
	12/08/2021	10-11.30am	Zoom
	27/08/2021	10-11.30am	Teams
	08/09/2021	2-3.30pm	Teams

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
Introduction to Suicide Prevention	19/07/2021	2-3.30pm	Teams
	29/07/2021	10-11.30am	Zoom
	17/08/2021	2-3.30pm	Teams
	30/08/2021	2-3.30pm	Teams
	02/09/2021	10-11.30am	Zoom
	09/09/2021	10-11.30am	Teams
	21/09/2021	10-11.30am	Zoom
	30/09/2021	2-3.30pm	Teams

Mental Health: Supporting Others

Course duration: 1.5hr

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

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.

Course	Date	Time	Platform
Mental Health: Supporting Others	20/07/2021	10-11.30am	Teams
	02/08/2021	2-3.30pm	Zoom
	19/08/2021	10-11.30am	Teams
	31/08/2021	2-3.30pm	Teams
	14/09/2021	10-11.30am	Teams



HOW TO BOOK

To book onto courses offered on this flyer please email; 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.