

# Wellbeing Training



Healthier, happier communities.



# Wellbeing Training

We are excited to announce our new training package which aims to provide individuals with awareness around mental health and wellbeing, along with useful contacts to signpost others for support and advice.

**The following courses are delivered through MS Teams.**

## Connect 5: Session 1, 2 and 3

Connect 5 is an incremental three-session virtual programme. The programme underpins the principle of 'Making Every Contact Count' and supports the aim of making the best use of the skills and local contacts of frontline staff. Some staff will just undertake session 1 whilst others will go on to do all three sessions.

## Understanding Grief & Bereavement: Are We Ready to Talk?

This workshop involves individual e-learning and an online discussion with a Specialist Palliative care lead and Health Improvement Practitioner to enable you to begin to explore and understand the myths and barriers around talking about death and dying.

## Wellbeing Champions

Wellbeing Champions make a positive impact on the health and wellbeing of employees within a business or to members of the community. They help to deliver health messages and run simple healthy lifestyle projects using information and resources provided by the Wellbeing Team.



# Wellbeing Training

## 4MH: Emotional Resilience

This is a self-care course designed to increase your ability to cope with the emotional distress we all experience during our daily lives. You will explore how to improve your own wellbeing and how to manage your emotions. You will develop a general understanding of wellbeing and resilience and will be supported to develop your own personal wellbeing plan.

## 4MH: Community Suicide Awareness

This course is designed for anyone who works or volunteers within their community or organisation who think learning about Suicide Awareness is beneficial. The workshop explores the myths and stigma around suicide and the barriers faced. It also explores prevention of suicide, the importance of compassion, how to talk to someone in distress and how to develop a safety plan.

## Making Every Contact Count (MECC)

An interactive and practical course that enables participants to become more confident to play their part in improving the health of their community, workplace or organisation. MECC is for everyone, it is not restricted to one person, job role, profession or organisation.

**The following courses are available to be delivered in classroom-style settings.**

## SafeTALK

a half day course, which teaches members of the community (aged 16 and over) to recognize people with thoughts of suicide and to connect them to suicide intervention resources. safeTALK assumes that persons with thoughts of suicide are uncertain about dying.



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As a 'suicide alert helper' you will support the person 'with thoughts' to 'Keep Safe for now', by connecting them to someone who can complete a suicide intervention.

## Mental Health First Aid Youth (MHFA)

A two-day interactive course aimed at people who come into contact with young people aged 8 - 18. You will learn to recognise and respond appropriately to early signs of emotional distress and mental ill health. Using a person centred approach, you will be able to provide initial help and guide the young person towards appropriate professional help.

## Mental Health First Aid Adult (MHFA)

A two-day intensive, interactive and practical training course which provides participants with information, tools and techniques to support individuals who might be experiencing mental or emotional distress. Throughout the course, MHFA uses the acronym 'ALGEE', which is the MHFA action plan for five basic steps, to provide initial help and guide the person towards appropriate professional help.

## Applied Suicide Intervention Skills Training (ASIST)

A two-day interactive course that enables participants to be able to identify when someone might be at risk of suicide. Using the 'Pathway for Assisting Life' (PAL) you will be able to support the 'Person at Risk' to develop a Safe Plan, designed to keep them safe for now. ASIST is intended as "suicide first aid" training. ASIST is evidence-based and gives individuals the opportunity to explore their own experience and beliefs around suicide to enhance their role as a 'Care giver'.

For more information or to register your interest in any of the above courses please visit [wellbeingatworksouthwest.co.uk](http://wellbeingatworksouthwest.co.uk) or email [livewell.training@nhs.net](mailto:livewell.training@nhs.net).