

# Wellbeing Training



healthier, happier workplaces and communities.



# Wellbeing Training

Wellbeing at Work are commissioned by Plymouth City Council to deliver professional, accredited Wellbeing Training packages to suit all businesses and the community. Through a mixture of virtual, face-to-face and bespoke sessions, with the majority being free. We aim to increase awareness of mental health and wellbeing, to support individuals in their workplaces and communities.

## Wellbeing champions

Train your employees to support your organisation to promote mental health and wellbeing messages. Help improve the working environment by signposting staff, organising social events and bringing the team together. Once completed, continued support and free networking will be provided by our dedicated Wellbeing Champion Lead.

## Making Every Contact Count (MECC)

An interactive and practical course that enables participants to become more confident in playing their part to improve the health of their community, workplace or organisation. Making Every Contact Count (MECC) is for everyone. It is not restricted to one person, job role, profession or organisation.

## Menopause awareness

Take part in our one hour conversation that provides you with a basic overview of the menopause, the symptoms that are frequently under-recognised, undervalued and not taken seriously, and how this can impact on individuals in the workplace.

## Connect 5: Session 1, 2 and 3

Connect 5 is an incremental three-session programme, underpinning the principle of 'Making Every Contact Count'. Obtain the skills and competencies to build confidence, to communicate health and wellbeing effectively, to help others manage their mental health and increase their resilience and wellbeing through positive changes.



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## 4MH: Community suicide awareness

Designed for anyone who works or volunteers within their community, or an organisation who thinks learning about Suicide Awareness would be 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.

## 4MH: Emotional resilience

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.

## Bystander workshop

An interactive and engaging workshop providing the opportunity to consider the effects of violence against women and girls, both nationally and locally. During our workshop we will discuss why someone in a group is less likely to intervene and explain the bystander effect.

We will also explore a toolkit in order to safely allow for an active bystander intervention, as well as considering our individual roles in creating the communities in which we would like to live in.



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**The following courses are available to be delivered in classroom-style settings and will incur a minimum charge to cover costs such as workbooks and venue hire.**

## SafeTALK

Half day alertness training for anyone over the age of 16, to help recognise 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. 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 (MHFA)

This Mental Health First Aid course ensures that all trained MHFAiders are confident to support themselves and their colleagues.

As MHFAiders you will gain the knowledge and skills to spot the signs of a person experiencing poor mental health, the confidence to start a conversation, and the tools to signpost to appropriate support. Training can be done as a two-day intensive or half day sessions over the space of 4 weeks.

## Applied Suicide Intervention Skills Training (ASIST)

A two-day interactive course, intended for 'suicide first-aid' training. Participants will gain confidence in being able to identify when someone might be at risk of suicide, using the 'Pathway for Assisting Life' (PAL) through an evidence-based approach. You will gain an understanding of developing a Safe Plan, designed to keep them safe for now as well as give participants an opportunity to explore their own experiences and beliefs around suicide.

For more information or to book onto one of our courses, scan the QR code or email [livewell.training@nhs.net](mailto:livewell.training@nhs.net)

