



# Wellbeing Training Summary

(Free + both online & face to face unless otherwise stated)

Click on course titles to book

Course	Description	Purpose/Outcomes
<b>Eat Better</b> (1 to 2 hours)	A short introduction to the principles of a healthier balanced diet.	To understand: <ul style="list-style-type: none"><li>• Principles of the Eat Well plate.</li><li>• The health benefits of different foods.</li><li>• Food portions &amp; food labels and share tips for eating better.</li></ul>
<b>Alcohol Awareness</b> (1 to 2 hours)	A discussion-based session about the health impacts of alcohol.	To understand: <ul style="list-style-type: none"><li>• Health impacts of alcohol.</li><li>• Guidance for reducing alcohol risk.</li><li>• Pros &amp; cons of drinking alcohol.</li><li>• Share advice for reducing risk drinking.</li></ul>
<b>Making Every Contact Count</b> (3 hours)	To develop skills and confidence in supporting people to improve their own health & wellbeing.	To develop and understand: <ul style="list-style-type: none"><li>• 'Healthy conversation skills'.</li><li>• Knowledge of key health messages.</li><li>• Behaviour change techniques.</li></ul>
<b>Menopause Awareness – Online only</b> (1 hour)	Provides a basic overview of the menopause, how every person will have different experiences and how this can impact on individuals in the workplace.	To explore: <ul style="list-style-type: none"><li>• Menopause in the workplace.</li><li>• How you can support your colleagues.</li><li>• What you can put in place for your employees.</li></ul>
<b>Wellbeing Champions</b> (2 days in total to complete)	To give learners the tools to promote healthier lifestyle choices via physical health and mental wellbeing messages to work colleagues and local communities.	Includes Making Every Contact Count, Connect 5 Session 1 and 4MH Emotional Resilience. Wellbeing Champions support individual collective wellbeing in communities and workplaces.

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<b>Connect 5</b> (3.5 hours for each session)	How to manage mental health problems & increase resilience & wellbeing. Learners can take Session 1 only, or complete Sessions 1, 2 & 3 (recommended).	To build support and promote: <ul style="list-style-type: none"><li>• Conversations about health and wellbeing.</li><li>• People to manage mental health problems by increasing their resilience and mental wellbeing.</li><li>• Psychological knowledge, understanding and awareness.</li></ul>
<b>4 Mental Health: Emotional Resilience</b> (3.5 hours)	To increase one's ability to cope with the emotional distress we all experience during our daily lives	To learn and understand: <ul style="list-style-type: none"><li>• The determinants of wellbeing.</li><li>• Emotions and how to share them.</li><li>• How to design a wellbeing plan to promote resilience.</li></ul>
<b>4 Mental Health: Community Suicide Awareness</b> (3 hours)	To dispel myths and reduce stigma regarding suicidal ideation and feelings.	To learn and understand: <ul style="list-style-type: none"><li>• Myths, stigma and barriers related to suicidal ideation.</li><li>• Suicide prevention.</li><li>• How to talk to someone in distress and/or in suicidal crisis and to signpost to support.</li></ul>
<b>Bystander Workshop</b> (2.5 hours)	To explore violence against Women and Girls (in particular) and to gain skills to safely prepare you to make a bystander interaction.	To understand and develop: <ul style="list-style-type: none"><li>• The impact of domestic violence and abuse on adults/children (including trauma).</li><li>• Different types of abuse, including coercive control.</li><li>• Confidence to support anyone affected by domestic violence and abuse.</li></ul>



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<b>Mental Health First Aid</b> F2F & Bespoke only (2 days) (Fees charged of up to £60 per person)	How to identify, understand, and help someone experiencing a mental health issue.	To support and develop: <ul style="list-style-type: none"><li>• Practical skills to recognise mental health trigger signs.</li><li>• Confidence to guide someone who needs support.</li><li>• Understand the factors that affect people's wellbeing and mental health.</li><li>• Learners gain 3 years of access to the MHFAiders Support App, and access to exclusive resources, opportunities and benefits.</li></ul>
<b>Mental health First Aid refresher</b> F2F & Bespoke only (4 hours) (up to £25 per person)	To update current knowledge and allows MHFAiders® to practice their skills.  (Only available to those who have attended MHFA full course within the last three years)	To empower Mental Health First Aiders® who have previously completed MHFA within the last 3 years.  This course is a great way to demonstrate your commitment to treating mental health and physical health equally both in your workplace and out in the community.
<b>Applied Suicide Intervention Skills Training</b> F2F & Bespoke only (2 days) (Up to £60 per person)	ASIST is a two-day interactive course that enables you to become more confident and identify risk and intervene to prevent the immediate risk of suicide.	To understand: <ul style="list-style-type: none"><li>• The myriad of reasons people may contemplate suicide.</li><li>• Discuss own experiences (if any) around suicide – looking at the wider impact.</li><li>• Following the Pathway to assisting life (PAL) as a model to provide suicide 'first aid'.</li></ul>

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