

# VIRTUAL MENTAL HEALTH & WELLBEING TRAINING - GG&C

## Looking After Your 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

Course	Date	Time	Platform
Looking After Your Wellbeing	16/08/2022	10-11.30am	Microsoft Teams
	07/09/2022	2-3.30pm	Microsoft Teams

## Hybrid Working

Course duration: 1.5hr

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

- Understand the benefits and negative implications of working from home
- Understand the consultation process between staff and management
- Discussion on managing anxieties with hybrid working
- Identify resilience and wellbeing when hybrid working, planning and preparation tips
- Group discussion on initiating conversations around hybrid working fears/worries/questions
- In work support

Course	Date	Time	Platform
Hybrid Working	10/08/2022	10-11.30am	Microsoft 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

*\*\*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	02/08/2022	10-11.30am	Microsoft Teams
	08/08/2022	2-3.30pm	Microsoft Teams
	17/08/2022	10-11.30am	Microsoft Teams
	26/08/2022	10-11.30am	Microsoft Teams
	01/09/2022	2-3.30pm	Microsoft Teams
	12/09/2022	2-3.30pm	Zoom

### **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

Course	Date	Time	Platform
<b>Mental Health: Supporting Others</b>	04/08/2022	10am-12pm	Microsoft Teams
	22/08/2022	2-4pm	Microsoft Teams
	30/08/2022	2-4pm	Microsoft Teams
	08/09/2022	10am-12pm	Microsoft Teams
	21/09/2022	10am-12pm	Zoom

*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.*

### **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 - If you are based in Glasgow, please specify if it's the North East, North West or South.**
- **Managers Name & Email**
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*If you have any additional support needs, please advise when booking onto courses.*