VIRTUAL MENTAL HEALTH & WELLBEING TRAINING – GG&C

NHS Greater Glasgow and Clyde

SAMH WORKPLACE

Looking After Your Wellbeing
Course duration: 1.5hr
We hope to help you understand:

- 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	06/10/2022	10-11.30am	Microsoft Teams
	14/11/2022	2-3.30pm	Zoom
	08/12/2022	10-11.30am	Microsoft Teams

Hybrid Working
Course duration: 1.5hr
We hope to help you understand:

- 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	27/10/2022	10-11.30am	Microsoft Teams
	09/11/2022	2-3.30pm	Microsoft Teams
	23/11/2022	10-11.30am	Zoom

Introduction To Suicide Prevention
Course duration: 1.5hr
We hope to help you understand:

- 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	03/10/2022	2-4pm	Microsoft Teams
	01/11/2022	10am-12pm	Microsoft Teams
	15/11/2022	2-4pm	Zoom
	06/12/2022	10am-12pm	Microsoft Teams

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.

We hope to help you understand:
- 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
Mental Health: Supporting Others	05/10/2022	10am-12pm	Microsoft Teams
	10/10/2022	2-4pm	Microsoft Teams
	08/11/2022	10am-12pm	Microsoft Teams
	22/11/2022	2-4pm	Zoom

Trauma Informed Practice
Course duration: 3hr
This course aims to provide participants with the confidence and skills to spot potential trauma and to adopt a trauma informed approach when supporting others.

We hope to help you understand:
- The definition of trauma and its impact in our communities
- The relationship between trauma and our mental health
- Coping strategies adopted by those impacted by trauma and how to advocate safe coping strategies
- Trauma and the brain; the relationship and impact
- Triggers and creating trauma informed environments
- The principles of trauma informed practice

Course	Date	Time	Platform
Trauma Informed Practice	03/11/2022	9.30am-1pm	Microsoft Teams

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** 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.