VIRTUAL MENTAL HEALTH & WELLBEING TRAINING – GG&C

NHS Greater Glasgow and Clyde

SAMH WORKPLACE

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	24/05/2022	2-3.30pm	Microsoft Teams
	06/06/2022	10-11.30am	Microsoft Teams
	15/06/2022	10-11.30am	Microsoft Teams
	21/06/2022	2-3.30pm	Zoom

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	16/05/2022	2-3.30pm	Microsoft Teams
	08/06/2022	10-11.30am	Microsoft Teams
	15/06/2022	2-3.30pm	Zoom

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	12/05/2022	10-11.30am	Microsoft Teams
	19/05/2022	2-3.30pm	Microsoft Teams
	02/06/2022	10-11.30am	Zoom
	09/06/2022	2-3.30pm	Microsoft Teams
	16/06/2022	10-11.30am	Microsoft Teams
	23/06/2022	10-11.30am	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.

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
Mental Health: Supporting Others	17/05/2022	2-4pm	Microsoft Teams
	18/05/2022	10am-12pm	Microsoft Teams
	31/05/2022	2-4pm	Zoom
	09/06/2022	10am-12pm	Microsoft Teams
	14/06/2022	2-4pm	Zoom
	20/06/2022	2-4pm	Microsoft Teams
	24/06/2022	10am-12pm	Microsoft Teams
	29/06/2022	2-4pm	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.