

**Please note that during COVID-19, all training will be online. Training available at this time is shown below.**



Places are limited so get in touch today to book your place or discuss which training course is suitable:

Email [chcp.sthelens@nhs.net](mailto:chcp.sthelens@nhs.net) Phone 01744 371111

Online form [sthelenswellbeing.org.uk/contacts/new](https://sthelenswellbeing.org.uk/contacts/new)

## **Basic Mental Health Awareness Training (Adults)**

This training is the original classroom based session. This will be condensed into a 45-60 min session using Microsoft Teams as a learning platform

### **Aims:**

- Explore and dispel the stigma and myths surrounding mental health
- Raise awareness of mental health problems
- Explore wellbeing and resilience including 5 Ways to Wellbeing
- Explore what you can do to boost wellbeing and resilience
- Understand the support available

### **Outcomes:**

- Be more aware of common mental health problems
- Be able to identify and use 5 Ways to Wellbeing and Mindfulness to promote Self Care
- Be able to connect to support

# Suicide Awareness Training

This training is the original classroom based session. This will be condensed into a 45-60 min session using Microsoft Teams as a learning platform

## Aims:

- Improve knowledge and attitude related to suicide
- Reduce prevalence of suicidal thoughts, attempts and deaths

## Outcomes:

- Be able to identify who is potentially at risk of suicide
- Be able ask the question
- Be able to connect to support

# Stress & Anxiety Training and 5 Ways to Wellbeing

This training is the original classroom based session. This will be condensed into a 45-60 min session using Microsoft Teams as a learning platform

## Aims:

- What is stress?
- Understand basic fight or flight response
- Understand the 5 areas model
- Understand what you can do to manage your stress and keep yourself well

## Outcomes:

- Recognise stress in yourself and others
- Be able to identify and use some of the 5 Ways to Wellbeing to promote Self Care
- Be able to utilise basic mindfulness and relaxation techniques to help reduce stress & anxiety

**For more information about others St Helens Wellbeing Services, please visit [StHelensWellbeing.org.uk](https://StHelensWellbeing.org.uk)**