



# Wellbeing Training Summary

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

Click on course titles to book

Course	Description	Purpose/Outcomes
<a href="#"><u><b>Eat Better</b></u> (1 to 2 hours) <u>Bespoke Offer</u></a>	A short introduction to the principles of a healthier balanced diet.	<p>To understand:</p> <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>
<a href="#"><u><b>Alcohol Awareness</b></u> (1 to 2 hours) <u>Bespoke Offer</u></a>	A discussion-based session about the health impacts of alcohol.	<p>To understand:</p> <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>
<a href="#"><u><b>Making Every Contact Count</b></u> (3 hours)</a>	To develop skills and confidence in supporting people to improve their own health & wellbeing.	<p>To develop and understand:</p> <ul style="list-style-type: none"><li>• 'Healthy conversation skills'.</li><li>• Knowledge of key health messages.</li><li>• Behaviour change techniques.</li></ul>
<a href="#"><u><b>Wellbeing Champions</b></u> (2 days in total to complete)</a>	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.
<a href="#"><u><b>Connect 5</b></u> (3.5 hours for each session)</a>	How to manage mental health problems & increase resilience & wellbeing. Learners can take Session 1 only, or complete Sessions 1, 2 & 3 (recommended).	<p>To build support and promote:</p> <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>

Contact us on [livewell.workplacehealth@nhs.net](mailto:livewell.workplacehealth@nhs.net) to discuss bespoke bookings and further information on our training courses



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<b>Resilience and Self Care</b> ( <u>3 hours</u> )	Self care is essential for building our resilience. This course is designed to enhance your ability to cope with the various levels of stress we encounter daily. You will be encouraged to explore methods that promote your wellbeing and help you process your emotions. Additionally, you will gain a general understanding of resilience and the principles of self-care.	To understand and develop: <ul style="list-style-type: none"><li>• To understand what we mean by good mental health and wellbeing</li><li>• To understand what we mean by resilience and how to build our resilience</li><li>• The importance of our social circle</li><li>• The importance of self care and how we can implement it</li><li>• Recognising stress and managing it</li></ul>
<b>Suicide Awareness</b> ( <u>3 hours</u> )	A supportive session designed to increase understanding of the factors that can contribute to suicide.	<ul style="list-style-type: none"><li>• Build confidence in raising concerns.</li><li>• Strengthen knowledge of signposting.</li><li>• Learn how to ask difficult questions, help someone stay safe for now.</li><li>• The training also highlights local initiatives and sources of support for both those at risk and those offering help.</li></ul>
<b>Mental Health First Aid</b> F2F & Bespoke only ( <u>2 days</u> ) (Fees charged of up to £75 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>



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<b><u>Mental health First Aid refresher</u></b> <u>F2F &amp; and Bespoke only</u> <u>(4 hours)</u> <u>(up to £30 per person)</u>	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><u>Applied Suicide Intervention Skills Training</u></b> <u>F2F &amp; Bespoke only</u> <u>(2 days)</u> <u>(Up to £75 per person)</u>	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>

Wellbeing at Work, part of Livewell Southwest, provide three programmes to businesses and communities in Plymouth - **Wellbeing at Work Awards**, **Wellbeing Champions**, and **Wellbeing Training**. We also provide **Free NHS Health Checks**, networking opportunities as well as **bespoke training offers**, **workshops** and information on the latest health and wellbeing campaigns.

For further information contact us on [livewell.workplachealth@nhs.net](mailto:livewell.workplachealth@nhs.net) or refer to our **website**, other **wellbeing resources** and download our **wellbeing calendar**.

The Livewell Workplace Health Service is commissioned, supported and funded by Plymouth City Council.

