



Wellbeing Training Summary

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

Course	Description	Purpose/Outcomes
Making Every Contact Count (<u>3 hours</u>).	To develop skills and confidence in supporting people to improve their own health & wellbeing.	<ul style="list-style-type: none">To develop and understand: 'Healthy conversation skills'.Knowledge of key health messages.Behaviour change techniques.
Wellbeing Champions (<u>2 days in total to complete</u>).	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 Resilience and Self Care. Wellbeing Champions support individual collective wellbeing in communities and workplaces.
Connect 5 Sessions 1, 2 and 3 (<u>3.5 hours for each session</u>).	How to manage mental health problems & increase resilience & wellbeing. Learners can take Session 1 only, or complete Sessions 1, 2 & 3 (recommended).	<ul style="list-style-type: none">To build support and promote:Conversations about health and wellbeing.People to manage mental health problems by increasing their resilience and mental wellbeing.Psychological knowledge, understanding and awareness.
Resilience and Self Care (<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.	<ul style="list-style-type: none">To understand and develop:To understand what we mean by good mental health and wellbeingTo understand what we mean by resilience and how to build our resilienceThe importance of our social circleThe importance of self care and how we can implement itRecognising stress and managing it



Wellbeing Training Summary

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

Course	Description	Purpose/Outcomes
Suicide Awareness <u>F2F only</u> <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">• Build confidence in raising concerns.• Strengthen knowledge of signposting.• Learn how to ask difficult questions, help someone stay safe for now.• The training also highlights local initiatives and sources of support for both those at risk and those offering help.
Mental Health First Aid <u>F2F & Bespoke only</u> <u>(2 days)</u>	How to identify, understand, and help someone experiencing a mental health issue.	<p>To support and develop:</p> <ul style="list-style-type: none">• Practical skills to recognise mental health trigger signs.• Confidence to guide someone who needs support.• Understand the factors that affect people's wellbeing and mental health.• Learners gain 3 years of access to the MHFAiders Support App, and access to exclusive resources, opportunities and benefits.
Mental health First Aid refresher <u>F2F & Bespoke only</u> <u>(4 hours)</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.



Wellbeing Training Summary

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

Click on course titles to book

Course	Description	Purpose/Outcomes
Applied Suicide Intervention Skills Training <u>F2F & Bespoke only</u> (2 days)	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">• The myriad of reasons people may contemplate suicide.• Discuss own experiences (if any) around suicide – looking at the wider impact.• Following the Pathway to assisting life (PAL) as a model to provide suicide 'first aid'.• Access to Living Works App for 3 years

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 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.

