Wellbeing Training Summary

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

Course	Description	Purpose/Outcomes
Making Every Contact Count (3 hours) Min 10 - Max 20 Delegates	To develop skills and confidence in supporting people to improve their own health & wellbeing.	To develop and understand: • 'Healthy conversation skills'. • Knowledge of key health messages. • Behaviour change techniques.
Wellbeing Champions (1 day) Min 10 - Max 20 Delegates	Equips you with the skills and confidence to support the health and wellbeing of colleagues within your workplace. You'll learn how to have healthy conversations, promote positive lifestyle choices, encourage resilience and self-care, and signpost people to appropriate support services.	Includes: • Introduction to becoming a Wellbeing Champion • Healthy conversation skills • Resilience and Self-care Upon completion of the programme, you will be fully prepared to take on the role of a Wellbeing Champion—empowered to inspire positive change, support colleagues and community members, and contribute to a healthier, more resilient environment.
Connect 5 Sessions 1, 2 and 3 (3.5 hours for each session) Min 10 - Max 20 Delegates	How to manage mental health problems & increase resilience & wellbeing. Learners can take Session 1 only, or complete Sessions 1, 2 & 3 (recommended).	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.

Contact us on livewell.workplacehealth@nhs.net to discuss bespoke bookings and further information on our training courses

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Resilience and Self Care (3 hours) Min 10 - Max 20 Delegates	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: • To understand what we mean by good mental health and wellbeing • To understand what we mean by resilience and how to build our resilience • The importance of our social circle • The importance of self care and how we can implement it • Recognising stress and managing it
Suicide Awareness F2F only (3 hours) Max 10 - Max 20 Delegates	A supportive session designed to increase understanding of the factors that can contribute to suicide.	• 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.
Harmless Training F2F/Virtual & Bespoke only (4 hours) Min 10 - Max 20 Delegates Free	Harmless training provides participants with the knowledge and confidence to recognise and respond to self-harm with empathy and professionalism. The course explores the reasons behind self-harm, warning signs, and the links between self-harm, mental health, trauma and suicide. Participants will learn practical support strategies, including safety planning and approaches for working with children, young people and adults.	• Recognise signs and risk factors associated with self-harm and suicide. • Understand the impact of trauma, ACEs and mental health on self-harm. • Respond to self-harm with confidence, empathy and appropriate communication. • Apply practical support, safety planning and signposting strategies.

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Mental Health First Aid F2F & Bespoke only (2 days) Min 10 - Max 16 Delegates Paid Course	How to identify, understand, and help someone experiencing a mental health issue.	• 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 F2F & and Bespoke only (4 hours) Min 10 - Max 25 Delegates Paid Course	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.
Applied Suicide Intervention Skills Training F2F & Bespoke only (2 days) Min 10 - Max 30 delegates Paid Course	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: • 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

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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.

PLYMOUTH CITY COUNCIL

Read our terms and conditions here for further information on our courses and bespoke requests