

We have the following courses available now for you, to support your mental health and wellbeing:

## Skills for Resilience

Your mental health and wellbeing when facing tough times is important. This course aims to help you learn more about self-care, managing stress, anxiety, and thinking styles and beliefs.

The session is designed to:

- Help you identify triggers for difficult feelings
- Enable you to learn coping strategies and ways to reflect and move forward
- Provide information on how to access further help and support



## Exploring Mental Health and Wellbeing

This course aims to provide an awareness and working knowledge of common mental health problems, in order to improve confidence in managing a person's own mental wellbeing and that of others.

The session provides:

- An overview of common conditions such as anxiety and depression, less common issues such as OCD and PTSD
- An insight into what stigma is and why it is important to challenge it
- Tips and guidance around effective self-help strategies
- Advice on how to engage with individuals who are in need of support

## Stress Busters

This course focuses on understanding the effects of stress and how it can influence thoughts, feelings and behaviours.

The session provides:

- Techniques for managing and controlling stress
- Useful advice, tools and tips to help reduce stress
- Information on how to access further help and support



## Improving Sleep

This course provides information about sleep and examines the different types, how much sleep is needed and how to establish good sleep habits.

The session:

- Identifies the benefits of good sleep
- Looks at what causes common sleep problems
- Provides practical suggestions for improving sleep
- Offers further information about the help and support available



**Prior to booking any course, please seek approval from your line manager.**

To book a place on one of the above courses please click the course title.