

## Training to support Mental Well-being

### 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

ST HELENS WELLBEING



### 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