VIRTUAL MENTAL HEALTH & WELLBEING TRAINING

On behalf of the NHS GG&C 5 year mental health strategy, prevention and early intervention sub-group, SAMH are taking forward a mental health improvement capacity building programme across the 6 HSCP areas within Greater Glasgow and Clyde.

The virtual training offered within this contract will be Maintaining Wellbeing, Building Resilience, Mental Health in the Workplace – A Guide for Managers and an Introduction to Suicide Prevention. This training **is in addition** to existing Mental Health and Wellbeing training offered in HSCP areas.

Training courses will be delivered via Microsoft Teams for courses highlighted on this flyer. However, we have other dates available on Zoom.

Please see below for more information on dates for the above mentioned courses.

HOW TO BOOK

To book onto courses offered on this flyer (see below), ***please email; training@samh.org.uk with your name, job role, organisation and HSCP area. If you are based in Glasgow, please specify if it's the North East, North West or South. For bookings for Introduction to Suicide Prevention, please also provide your managers name and email address in addition to the above.***

Course	Date	Time
Introduction to Suicide Prevention (90 mins)	04/02/2021	10-11.30am
	18/02/2021	10-11.30am
	09/03/2021	10-11.30am
	29/03/2021	2-3.30pm
Building Resilience (90 mins)	13/01/2021	2-3.30pm
	21/01/2021	3-4.30pm
	01/03/2021	2-3.30pm
	10/03/2021	2-3.30pm
	16/03/2021	10-11.30am
	23/03/2021	2-3.30pm
	25/03/2021	10-11.30am
Maintaining Wellbeing (90 mins)	19/02/2021	10-11.30am
	23/02/2021	10-11.30am
	24/02/2021	10-11.30am
	02/03/2021	10-11.30am
	12/03/2021	10-11.30am
	22/03/2021	2-3.30pm
	24/03/2021	2-3.30pm
Mental Health in the Workplace- A Guide for Managers (3 hours, split into 2 sessions)	12/01/2021	10-11.30am & 2-3.30pm
	10/02/2021	10-11.30am & 2-3.30pm
	03/03/2021	10-11.30am & 2-3.30pm
	18/03/2021	10-11.30am & 2-3.30pm
	25/03/2021	10-11.30am & 2-3.30pm
	29/03/2021	10-11.30am & 2-3.30pm

Please note, all courses will run for the duration outlined above, so please only book on to these courses if you are able to stay for the full duration. Please also only book on to Mental Health in the Workplace if you are a manager/have line management duties within your role and can attend both am & pm sessions.

Maintaining Wellbeing
Course duration: 1.5hr

This session:

- Begins by looking at creating a mentally healthy work-from- home environment
- Stress- what this looks like for participants, stress vs pressure, and ways to manage stress
- Sources of support to maintain wellbeing during lockdown, including videos, websites, apps and handouts
- A take home workbook which includes individual, reflective exercises for participants to do in their own time

Building Resilience
Course duration: 1.5hr

This session:

- Begins by looking at the relationship between wellbeing and resilience
- Discusses one definition of resilience, what it means, and the key elements included
- Group activities on ways to build resilience
- A take home workbook which includes individual, resilience-building exercises for participants to do in their own time

Introduction To Suicide Prevention
Course duration: 1.5hr

This session:

- Begins by looking at the statistics around suicide
- Spotting the signs and asking about suicide
- Listening and supports available
- Looking after yourself

***Please note that this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention. The use of virtual platforms cannot guarantee a confidential safe-space. Please refer to our classroom taught courses for more information on Suicide Prevention training.*

Mental Health in the Workplace – A Guide for Managers
Course duration: 3hr (x2 1.5 hour sessions over morning and afternoon)

This session:
First 90 minute slot

- Introduction to mental health
- Creating a mentally healthy workforce
- Understanding the most common mental health problems (part 1 Stress)

Second 90 minute slot

- Understanding the most common mental health problems (part 2 Depression & Anxiety)
- Employers legal duties and responsibilities
- Managing mental health at work
- Having a conversation