

## Mental Health and Wellbeing

In a world which has dramatically changed since COVID-19, it is predicted that up to 1 in 4 employees could suffer from some form of mental health issue and supporting positive workplace mental health has never been more important to business owners and managers.

### Courses Available

- **Adult Mental Health First Aid**
- **Adult Mental Health Awareness**
- **Management of Work Based Stress**
- **Emotionally Resilient Tools for Managers**
- **Building Emotional Resilience**
- **Mindfulness and Meditation in the Workplace**
- **Mental Health First Aid & Mental Health Advocacy in the Workplace**
- **Awareness of Mental Health Problems**

## Face to Face Training Courses

### Adult Mental Health First Aid

#### Course content:

This course, validated by Mental Health First Aid England, is designed to teach people how to identify, understand and help someone who may be experiencing a mental health issue.

The course is split into 4 sections, across 2 days and will include in-depth understanding of mental health and factors that affect wellbeing and practical skills to spot the signs and triggers of mental health issues.

### Adult Mental Health Awareness

#### Course content:

This half day session will provide managers with the opportunity to explore the stigma surrounding mental health, along with issues relating to discrimination, the challenges people face, and how to discuss mental health with a colleague in a supportive and productive approach.

### Management of Work Based Stress

#### Course content:

This half day session will provide managers with the tools to identify work based stress triggers in themselves and others and provide healthy coping mechanisms.

## Emotionally Resilient Tools for Managers

### Course content:

This half day session is designed for managers or supervisors to help them identify steps to create an emotionally resilient culture and workforce.

## Building Emotional Resilience

### Course content:

This half day session will provide learners with practical tools, which can be used within the workplace to improve emotional regulation, provide safe outlets for stress, improve relationships and develop mental clarity. Suitable for all levels of employees.

## Mindfulness and Meditation in the Workplace

### Course content:

This half day session will provide learners with the opportunity to explore techniques of mindfulness and meditation and provide practical opportunities to use these within a work context. Suitable for all levels of employees.

*Training is normally delivered at the main Cranford Avenue College site; however, it may be possible to deliver on site to meet business needs. For further information on these including costs and available dates, please contact the team.*

## Fully Funded Online Training Courses

### Mental Health First Aid & Mental Health Advocacy in the Workplace

#### Course content - ONLINE ONLY

This online 12-week Level 2 course, validated by CACHE, is designed to build an understanding of mental health problems and the support available to colleagues. The course will explore mental health, understand how to support individuals with mental ill health and look at factors which build a mentally healthy environment in the workplace.

### Awareness of Mental Health Problems

#### Course content - ONLINE ONLY

This online 12-week Level 2 course, validated by CACHE, is designed to help learners understand about mental health conditions including the signs, triggers and symptoms. The course will also explore how mental health affects an individual's ability to cope and function, looking at guidance to help to manage and support them.

**For further information on any of these courses, including start dates, prices and available places please contact the Dorset Training Academy on 01305 764748, email [DTA@weymouth.ac.uk](mailto:DTA@weymouth.ac.uk) or visit the Weymouth College website [www.weymouth.ac.uk](http://www.weymouth.ac.uk)**