



**EmployerServices@WeymouthCollege**  
**Back2Business 2021**

## Mental Health and Wellbeing Support

As part of our Employer Services Insights Programme, designed to help businesses through the impact of COVID-19 and beyond, Employer Services have been in discussion with Dorset Mind about the importance of supporting positive workplace mental health and sustaining and developing a healthy workplace. To listen to the interview, [click here](#). In addition to this we have the following training courses to support:

### **Adult Mental Health First Aid £300 p.p. (2-day course)**

This course, which is 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.

### **Awareness of Mental Health Problems £40 p.p. (3-hour session)**

This will provide managers with the opportunity to explore the stigma surrounding mental health, the challenges people face, and how to discuss mental health with a colleague in a supportive and productive approach.

### **Building Emotional Resilience £40 p.p. (2x 1.5 hour sessions)**

This course 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.

### **Mindfulness and Meditation in the Workplace £40 p.p. (2x 1.5 hour sessions)**

This course 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.

## **Free Online Training**

In addition to the above face-to-face training, we are also able to offer the following online training courses with immediate starts. Both courses will take up to 10 weeks and can be studied around work and home commitments. These courses are available fully funded, subject to meeting funding criteria:

- **Mental Health First Aid & Mental Health Advocacy in the Workplace**
- **Awareness of Mental Health Problems**

For further information on any of these courses or to find out about the whole range of training opportunities, please contact the **Dorset Training Academy** on **01305 764748**, email [DTA@weymouth.ac.uk](mailto:DTA@weymouth.ac.uk) or click here to visit the [Weymouth College website](#)

Dorset Mind offer a wide range of training solutions to businesses to help support employee mental health. Click here to find out more <https://dorsetmind.uk/training/>

