



Health and Wellbeing

Would you like to be able to support your staff with promoting positive mental health? We are running a two day Adult Mental Health First Aid course, delivered in a COVID secure classroom with available dates in May and June. This course is ideally suited for line managers or team leaders and will teach people how to identify, understand and help someone who's experiencing a mental health issue. The course is fully accredited and certified by Mental Health First Aid England. For more info or to register your interest please click [here](#).

Five Ways to Wellbeing

Be Active - Any form of activity helps your mental health and by raising your heart rate regularly you will help to protect against cognitive decline.

Connect with others - Reach out and speak to family, friends and colleagues either over the phone or via Teams, Zoom or Skype.

Keep Learning - A fantastic way to help support your own wellbeing is to challenge your mind to learn a new skill. Beyond a work based qualification there are lots of ways to do this.

Give - This could include doing a good deed such as helping an elderly neighbour with some shopping or just give time to others by having a chat with family, friends or work colleagues.

Take Notice - It is really important to slow down and pay attention to your own thoughts, feelings, senses and the world around you.

Insights Episodes

Mental Health and Wellbeing is a key focus for Weymouth College. As we head out of Lockdown, it is vitally important that the mental health and wellbeing of staff is considered. As part of the Employer Services Insights Programme, Natalie Merry has recorded a podcast with Dorset Mind on Burnout and the Importance of Wellbeing in the Workplace. To view our Insights programme and hear the full discussion click [here](#).

Free Online Training

We also have free online learning opportunities available for you and your staff. These Level 2 Certificates are validated by CACHE and take up to 12 weeks of independent study:

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

In addition to the above courses, we offer other mental health and wellbeing training, to find out more please click [here](#).

