



Wellbeing Training

Online courses

We are excited to announce our new online training package which aims to provide individuals with awareness around mental health and wellbeing along with useful contacts to signpost others for support and advice.

The following courses, which are FREE to Plymouth businesses, are being offered as an eLearning package with a follow up 'live' session via MS Teams.

Understanding Mental Health & Wellbeing (UMHWB)

This workshop aims to give you a better understanding of how we can maintain our own mental health and wellbeing as well as reflecting upon how we can recognise distress in others.

Understanding Grief & Bereavement (UG&B)

This workshop aims to enhance our understanding of some of the processes involved with grief and seek to dispel some of the misunderstandings surrounding communicating with the bereaved.

Wellbeing Champions (WBC)

This workshop aims to improve our understanding of how lifestyle and environmental factors can affect both our physical and mental health, in all aspects of our lives. With ongoing support and networking opportunities, we will help you to develop your knowledge of services which support mental and physical wellbeing in Plymouth and become an enthusiastic Wellbeing Champion within your organisation.

For more information or to register your interest in any of the above training, please visit www.wellbeingatworksouthwest.co.uk

*Please note that we are able to provide the above eLearning packages at a date and time to suit your business so please forward any enquiries to livewell.training@nhs.net