

Human Resources, Wellbeing

# Mental Health and Wellbeing – Awareness Training

## Course Details

### Price

£65.00

### Length

1 hour (09:00-10:00)

## Course Overview

This 1-hour session will give delegates a general introduction to mental health and how to recognise symptoms of poor mental health in ourselves and others, whilst offering practical tools to help develop positive wellbeing.

## Course Content

- What do we mean by Mental Health?
- What is stress and how can we manage it better?
- How can we support ourselves to stay well?
- Where can we go for help and signpost others?

## Benefits

An increased awareness of mental health and wellbeing and some tools to take away to support ourselves and others.

## Next Steps

If you would like to book a place on this course please click on the **'Book Course'** button to the right of this page and login or register for a user account to complete your booking(s). Any queries please do not hesitate to contact us via [admin@gta.gg](mailto:admin@gta.gg) or call us on 01481 224570.

If no date is scheduled for this course at the present time please click on the **'Register Interest'** button and login or register for a user account so that we can add you to our course interest register. This register allows us to contact our tutors and finalise dates for a course as soon as we have a few people who have expressed their interest, so the more delegates who register their interest, the sooner we can schedule a particular course.

## Course Tutor

### Lisa Ingrouille

The course will be delivered by Lisa Ingrouille, Training Lead at Guernsey Mind. Lisa delivers a range of workplace training for Guernsey Mind including the MHFA courses. Before joining Guernsey Mind Lisa had worked in the Public Sector as a Learning and Development Manager and has 15 years' experience as a manager and trainer. She is passionate about wellbeing and providing tools and techniques to help managers to support their teams.