

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 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.