


Bitesize

mental health and wellbeing training

For professionals working with children, young people & adults in South Gloucestershire



We are offering **FREE 45-60 minute** bitesize training courses for professionals working with people in South Gloucestershire. These sessions are offered online or face-to-face. Most Bitesize sessions are also available as a video recording, contact  mentalhealth@southglos.gov.uk for a link to access this.

1 What is mental health?

What impacts mental health?

What are the most common conditions and inequalities in mental health?

What are the challenges people face to staying mentally well?

This session will also offer information and signposting to further support.

2 Resilience and self-care

This session supports participants to learn and develop resilience strategies and tools for themselves, and the people they support. This session also explores the THRIVE conceptual model, as well as signposting to local support.

3 Drugs and alcohol and how they impact mental health

This session explores what types of substances people might use and the reasons behind this, as well as how drugs and alcohol impact mental health and signposting to further support.

4 Trauma awareness and recovery

This brief introductory course will cover:

Different types of trauma including adverse childhood experiences.

How to develop awareness of trauma and its impacts upon a person's perceptions, thinking and behaviour. Resourcing ourselves and self-care.

Would you like us to deliver bitesize training to your team?

Please contact us on  mentalhealth@southglos.gov.uk

to arrange a session on any of the above topics at your team meeting, inset day, team day etc. We can also tailor sessions to meet your team's needs.

Are you looking for longer more in-depth training course?

Please see  <https://learning.southglos.gov.uk/cpd/portal.asp> for the full training offer.