

# Look after yourself...



## ...Join a free Mental Health course

**Become a  
Mental Health  
First Aid  
Champion**

**Become  
Mental Health  
Aware**

### Learn to:

- ⚙️ spot the early warning signs and take action
- ⚙️ feel better about yourself and help others
- ⚙️ take that first step

**If you wish to book a place on any course:**

- Council Staff please book via **Oracle Self Serve**
- Non council staff please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk) to book a place

**Bolton  
Council**

# Your mental health and wellbeing is important

Do you want to...

improve your mental health?  
feel better?

learn ways to deal with stressful situations?  
tackle problems together?  
support others?

feel more relaxed?  
improve your confidence?



...we will explore some of these areas together and help you develop self-awareness and a better understanding of mental health and wellbeing.

## Why not book one of our free courses:

### Five ways to wellbeing

- This is an introductory one-hour workshop which covers the Five ways to Wellbeing and explains how they help to build a firm foundation for positive wellbeing
- The session also takes a brief look at other courses on offer

### Connect 5

- This is a three session programme which underpins the principal of "Making Every Contact Count"
- It will help you understand and address mental health issues in everyday life
- It will empower you to make changes to maintain, protect and improve your mental wellbeing as well as helping to support your family, friends and colleagues and in your working practice

### Living life to the full

- This is a seven session programme which explores ways to help you learn how to improve how you feel when you are stressed or feeling low
- We will look at ways to help you manage the problems in your life

For more information go to...

All courses are available to staff and volunteers across Bolton

- **Bolton Council staff** - details are on the [intranet training pages](#)
- **Non council organisations and volunteers** - details are on the Bolton Council website: '[Working with children](#)' and '[Working with adults](#)' pages

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# Invest time and energise yourself for a happier you...

We know Covid-19 has impacted on people in many ways. It's important during this time to take care of your mind as well as your body.

Everyone will be reacting in their own way. You might be feeling, down, worried, or anxious. Remember, it is OK to feel like this. These are normal reactions to uncertainty and to challenging times.



## Mental Health Training

*Sign up and spot the warning signs to protect yourself and others.*

### Become Mental Health Aware

This half-day introductory course is designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma.

This session is aimed at all frontline and office-based staff e.g. waste, highways, grounds maintenance staff, cleaners, school meals, domestic care staff, outreach/ support workers, project managers, commissioners, finance staff etc.

A combination of face to face and online sessions are available.

### Become a Mental Health First Aid Champion

This one-day course qualifies you as an MHFA Champion, giving you:

- An understanding of common mental health issues
- Knowledge and confidence to advocate for mental health awareness
- Ability to spot signs of mental ill health
- Skills to support positive well-being, looking after yourself and others

The Mental Health First Aid Champion session is aimed at all staff that have a responsibility for managing/supervising staff e.g. Team Leaders, Supervisor, Managers.

### safeTALK

This half-day training in suicide alertness

- It helps participants to recognise a person with thoughts of suicide and connect them with resources that can help them in choosing to live
- Participants don't need any formal preparation to attend the training
- Anyone who wants to make difference can learn the safeTALK steps

### What causes well-being to dip?

This half-day course will help you to increase well-being in yourself and your co-workers.

This session will also give some steps that will help at home and in the workplace.

**Book now...**

**Useful links...**



[Samaritans](#) are here for you to listen in confidence and without judgement 24 hours a day for free. Contact them on **116 123** (Freephone) or email [jo@samaritans.org](mailto:jo@samaritans.org).

[Every Mind Matters](#)

[Living Life to the Full](#) - Free online courses covering low mood, stress and resiliency [www.gmhealthhub.org](http://www.gmhealthhub.org)

[Shining a light on suicide](#)

[Greater Manchester Bereavement Service](#)

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