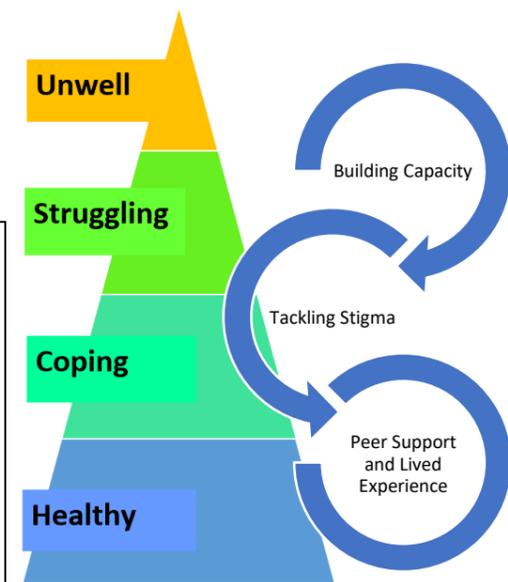


Mental Health and Wellbeing Learning and Development Opportunities (2023)

The opportunities listed here are to help those working with others learn more about mental health and wellbeing. When working with others, we need to recognise we also have mental health and wellbeing needs and what you find below may also help you.

The opportunities you find below include e-learning and face-to-face learning (virtual and in person), as well as resources to support you. Some of the courses will be free, some will be funded and some will require a fee to attend.

Courses will aim to tackle the stigma surrounding mental health and build your capacity to support the mental health of others. Some courses will help to support your own mental health with some linking to and/or providing peer support and lived experience throughout.



Key	Delivery model:	e	e-learning	F2F	Face to Face	B	Blended
	Costs:	F	Free	£F	Funded	£	Costs apply
	Colour coding below will enable you to link the course to the section of the mental continuum:						
Healthy		Coping		Struggling		Unwell	
Course Name (Hyperlink)	Delivery	Cost	Course level	For those working with:			
Understanding Depression and Low Mood in YP (Young People)	e	F	Introductory	Young People			
Social and Emotional Development: Supporting Teenage Wellbeing	e	F	Introductory	Young People			
Mindful Wellbeing for Teachers with Stress and Anxiety	e	F	Introductory	School age C&YP			
Self Care and Wellbeing: A Practical Guide for Health and Social Care.	e	F	Introductory	Self-care			
Wellbeing and Resilience at Work	e	F	Introductory	Self-care			
Mental Health in Construction	e	F	Introductory	Adults			
The science of wellbeing	e	F	Introductory	Self-care			
Mindfulness and Wellbeing: Living with Balance and Ease	e	F	Introductory	Self-care			
Build Personal Resilience	e	F	Introductory	Self-care and others			
Mind ed (provides a variety of courses)	e	F	Introductory	Children and Young People			
Emotional Resilience – 4MH	e or F2F	£F	Introductory	Self – 13 years plus			
Trauma Informed Practice Level 1 (learningpool.com)	e	F	Introductory	C&YP / Adults			
Make Every Contact Count (MECC)	e or F2F	£F	Introductory	Adults			
Managing Mental Health and Stress	e	F	Introductory	Adults in the workplace			
Youth Mental Health: Supporting Young People Using a Trauma Informed Approach	e	F	Introductory	Young people			
Self-Harm Awareness (Children and Young People)	e	F	Introductory	Children & young people			
Personalised Conversations: Health Coaching Skills 1	F2f		Intermediate	Young people & adults			
Connect 5 (mental health and well being)	F2F	£F	Introductory	16 years plus			
HOPE Programme	F2F	F	Course related	Self-care			
Body Image and Mental Health in Young People	e	F	Intermediate	Young People			
Psychological First Aid: Supporting Children and Young People	e	F	Introductory	Children & young people			
Psychological First Aid	e	F	Introductory	Adults			
Devon Recovery Learning Community – range of courses	B	F	Course related	Self-care			
BeWell@StepOne – range of courses	B	F	Course related	Adults			
Suicide Awareness (options available)	e	F	Introductory	16 years plus			
We Need to Talk About Suicide	e	F	Intermediate	Adults			
Mental Health First Aid	e or F2F	£	Advanced	Adults			
Mental Health First Aider Qualification	e or F2F	£	Advanced	Adults			
START (Suicide prevention)	e	£	Introductory	15 years plus			
SafeTALK (Suicide prevention)	F2F	£	Introductory	15 years plus			
Bereavement and Loss	F2F	£	Introductory	Adults			
BarberTalk Lite (Suicide prevention)	e	£F	Introductory	Young people & adults			
Community Suicide Awareness - 4MH	e or F2F	£F	Introductory	Young people & adults			
Suicide First Aid	F2F	£	Intermediate	Adults			
Suicide First Aid Lite	F2F	£	Introductory	Adults			
Five Steps to Suicide Awareness	F2F	£	Introductory	Adults			
Applied Suicide Intervention Skills Training (ASIST)	F2F	£	Advanced	Adults			
BarberTalk	F2F	£	Introductory	Young people & adults			
ASK	B	£	Intermediate	5-14 years			