



The
Laura Hyde
Foundation

Caring for those who care about us

NEW On Demand Resilience Courses

Free online resources for helping yourself and others approach and adapt to challenging life experiences.



An independently designed series of self-guided, interactive mental health courses.

We're passionate about providing the right tools for emergency service personnel to support their own mental health journey whilst also playing an important part in the journey of their peers and loved ones.

In light of this commitment we, the Laura Hyde Foundation, have developed a series of free interactive courses that can be easily accessed on our online portal 24 hours a day, 7 days a week.

From becoming a wellbeing champion, through to understanding the true impact of factors such as the menopause, nutrition and physical activity on mental health, you are invited to enrol on as many of our free courses as you would like. Each course takes approximately 2 hours to complete and involves a final assessment to reinforce the key messages.

Our courses have been designed to support your personal journey with no judgement or pressure. Each module is made up of industry approved advice and statistics, alongside a series of valuable tools to enable you to put your new knowledge into practice.

Why enrol on the Laura Hyde Foundation resilience courses?



Access tools to build your own resilience and mental health



Enhance your **personal development**



Discover new ways to **support your peers and loved ones**



There is no cost involved
– The only commitment is time



The courses can be **accessed 24/7**



All of the courses are independently run, using industry approved data and recommendations



We can't control the things that life throws at us but we can control how we adapt and respond to these new challenges.


At the Laura Hyde Foundation we have a solid understanding of the pressures that you and your colleagues experience in the workplace and at home: and our series of online courses have been developed with these in mind.



60%

of people wait as much as a year before telling their closest friends and families about their mental health problems.

This is far too long. Take care of yourself and your loved ones by enrolling on one of our resilience courses today.



New courses are being developed all the time. Below are just some examples of the ones that are immediately available:

- > Becoming a Wellbeing Champion
- > Change and Resilience
- > Developing Mental Strength
- > Managing Stress and Anxiety
- > Managing Uncertainty
- > Mental Health First Response
- > Mental Health: Body and Mind
- > Nutrition, Diet and Health
- > Obesity and Nutrition
- > Resilience and Me (Children)
- > Resilient Families
- > The Menopause and Mental Health
- > Work-Life Balance



Registering for our on demand resilience courses is simple



1. Visit the **help section** of our website – laurahydefoundation.org/getting-help-1



2. Select the option to access our online resilience courses.



3. On your first visit create a **username and password** and complete a short registration form.



4. You'll be issued with a **unique Centre Code**, which will appear on the top right of your screen when you log in.





5. To enrol on a course, you just need to insert your Centre Code when prompted and you'll be redirected to the list of courses that are available to you.



6. Select a course and it will automatically be transferred into the 'Your Courses' tab.



7. You can then complete the interactive course at a pace that suits you.



8. On completion you'll have up to 3 chances to complete a final assessment and will receive a certificate for scores of 75% and above.



Scan the QR code to find out more or to get started with our online courses.



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laurahydefoundation.org

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