

Health and Wellbeing

Course Overview

The course aims to support individuals with their own mental health and personal growth. The course covers aspects such as promoting positive mental health and a healthy lifestyle both in an individual's personal life and in the workplace.

The course provides an understanding of how lifestyle factors and choices can impact positively or adversely on mental wellbeing enabling learners to recognise mental ill health in themselves and others. It promotes positive mental health strategies for individuals and promotes productivity in the workplace. Learners will gain an understanding of how to find support and advice and signpost others.

Course Content

The course covers:

- Understanding the benefits of staying fit and healthy to promote positive mental health and wellbeing.
- How mental health problems can impact on a person's life.
- Know how to find support and advice on smoking and drug related problems.
- Know how to find support and advice on sexual health and relationships.
- The link between mental health and financial health.
- The importance of maintaining a work life balance to promote positive mental health.
- The importance of personal development and safety.
- Identify fundamental British values.

Structure

2 days face to face or online delivery.

The course is split into 5 modules.

If you would like further information, please contact us:

- 0800 999 1278
- info@thompsonsteam.co.uk
- www.thompsonsteam.co.uk

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