



## Mental and Emotional Wellbeing

**When: Thursday 23 January *or* Tuesday 20 February, 2018**

**Time: 10.30am – 4.30pm (lunch not provided)**

**Where: Wandsworth Town Hall, Room 145 (access via Marble Hall entrance)**

**Hosted by: Lifetimes, commissioned by Wandsworth Council**

Target audience: Wandsworth council frontline staff and representatives from the voluntary sector who engage with the local population

### Course objectives:

To provide an overview of the different aspects that support good mental wellbeing and how to support individuals to engage in health promoting activities and access further support

### Content

#### Morning session

- Definitions of mental health and wellbeing
- Perspectives of wellbeing-happiness, life satisfaction, relationships and resilience
- Risk and protective factors influencing mental health and wellbeing
- Stigma and discrimination influencing individuals and communities
- The impact of mental wellbeing on individuals and the community
- Common mental health problems- signs and symptoms
- Recognising stressors and triggers
- Managing mental health in the workplace
- An overview of Self-care/self-management techniques
- Encourage appropriate professional support and self-help strategies
- Signposting/referring individuals to appropriate services
- Overview of local and national organisations
- Further resources and keeping your knowledge up to date



## Afternoon session

- What is mental health?
- The link between mental health and wellbeing and physical health
- Identify risk factors of loneliness and social isolation, the consequences and impact on mental wellbeing and supporting individuals to engage in services that reduce loneliness and isolation
- **Bereavement** – understand its impact, how to raise the issue and strategies to use to support those affected
- **Dementia** – understand its impact and some of the strategies that can be used to support someone with dementia to access further help
- Signs and symptoms of some anxiety disorders
- **Hoarding** – risk factors, understand its impact (mental and physical wellbeing, environment), raising the issue and strategies to support affected individuals to seek further help
- Overview on methods of promoting mental wellbeing (including five ways to mental wellbeing)
- **Stress management** – skills to recognise when your stress levels or that of your clients are increasing and having a negative effect. Strategies on reducing stress levels.
- Encourage appropriate professional support and self- help strategies
- Signposting/referring individuals to appropriate services
- Overview of local and national organisations
- Further resources and keeping your knowledge up to date