

**Maintaining your own Mental Health and Wellbeing
(Adult Social Care Workforce)**

Aims:

The pandemic has had a devastating impact on people's emotional resilience and mental health. The workforce across Adult Social Care have worked tirelessly to maintain services for some of the most vulnerable members of our community; sometimes to the detriment of their own wellbeing.

This session explores the positive support which can be accessed to maintain good mental health and emotional wellbeing. We will take a practical look at mental health, and understand how we can help ourselves and each other. We will also discuss a number of tools, resources and services that are available to support us when it is needed.

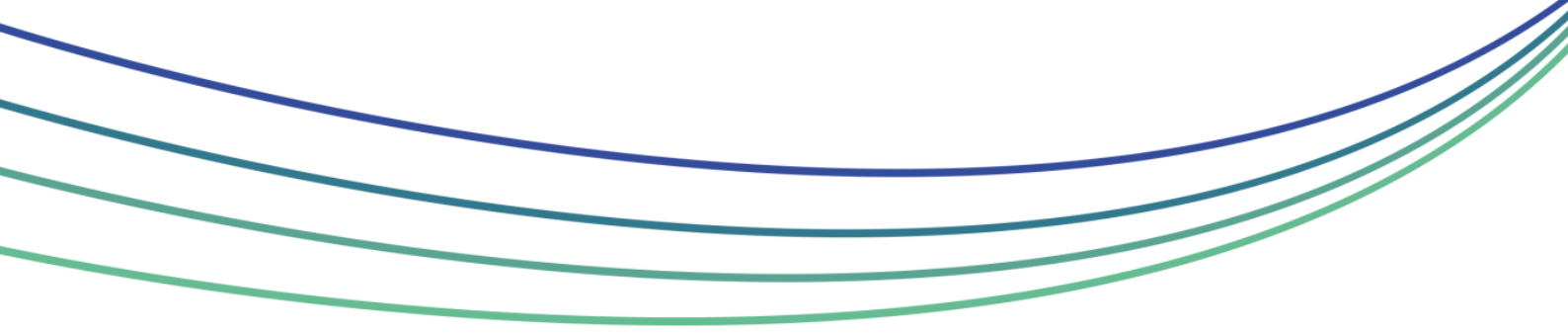
We understand the need to prioritise wellbeing as a workplace issue and create environments where people feel they can talk about how they are feeling, feel they have been heard and know where to go to seek help.

Learning Outcomes

By the end of the session attendees to this training will be able to:

- Better understand how to look after yourself and others in the workplace
- Recognise the signs our body is sending when it is starting to struggle and needs our help.
- Feel confident enough to talk about mental health – and have open and honest conversations with others in the workplace about it
- Consider the local support on offer across Halton and the resources available to help maintain personal and professional resilience

Topics Covered

- How we can look after our own and each other's mental health
 - Practical Resources we can use ourselves.
 - Further support and help when it is needed.
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Target Audience

This session is aimed at people across Halton who work in the adult social care sector. This includes those employed in health and social care services, corporate and independent providers, the voluntary sector and self-employed PAs.

Delivery method and details

This is a three-hour learning session which involves group activities and discussion. With lots of real life examples and analogies – no role play!

It is intended that the knowledge and skills gained will be taken away and embedded into practice.

There is no preparatory learning associated with this course.

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Date	Times	Delivery Method
Wednesday 5 October 2022	09.30 – 12.30	Virtual learning – details of Microsoft Teams meetings will be sent out prior to the training date. Please note that these are not published on Eventbrite but send via a separate email.
Thursday 10 November 2022	13.30 – 16.30	
Thursday 19 January 2023	09.30 – 12.30	
Tuesday 7 th February 2023	13.30 – 16.30	

Bookings can be made through: <http://haltonsafeguardingadultsboard.eventbrite.com/>

