

From July, St Helens Wellbeing Service is offering online training (via Microsoft Teams) to support you with your wellbeing.



Session	Day	Time
Stress & Anxiety	Monday	9am - 10am
Stress & Anxiety	Monday	11am - 12 noon
Stress & Anxiety	Wednesday	2pm - 3pm
Basic Mental Health Awareness	Thursday	9am - 10am
Basic Suicide Awareness	Thursday	11am - 12 noon

For more information about each of the sessions, please visit the Mental Wellbeing page at sthelenswellbeing.org.uk/services/mental-wellbeing

Places are limited so get in touch today to book your place or discuss which training course is suitable:

Email chcp.sthelens@nhs.net Phone 01744 371111

Online form sthelenswellbeing.org.uk/contacts/new

For more information about others St Helens Wellbeing Services, please visit StHelensWellbeing.org.uk