

# Working from home or the workplace? Furloughed?



St Helens Wellbeing Service are offering online (Microsoft Teams) group training to support your wellbeing, in response to COVID-19.

We can also tailor to your service needs. Please contact us to discuss (email below).

Session	Day	Time
Stress & Anxiety	Monday	11am - 12am
Basis Mental Health Awareness	Monday	2pm - 3pm
5 Ways to wellbeing	Wednesday	2pm - 3pm
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](http://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](mailto:chcp.sthelens@nhs.net) Phone 01744 371111

Online form [sthelenswellbeing.org.uk/contacts/new](http://sthelenswellbeing.org.uk/contacts/new)