

# WHERE IT'S AT

## a *Community Connection Project*

The following sessions are available for group bookings. These can be tailored to specific needs and either delivered in person or digitally (via Teams or Zoom).

### **Wellbeing in the Community Training** (2 hours)

**By the end of this session you will be able to:**

- ⇒ Understand the difference between mental health and mental illness
- ⇒ Know what the 'mental health continuum' is
- ⇒ Be aware of the main symptoms of the most common mental illnesses
- ⇒ Recognise the relationship between wellbeing and emotional resilience
- ⇒ Know where to find further help and support

### **Wellbeing Toolkit Session** (2 hours)

The past couple of years have seen huge changes to the way we work and many of us are helping people experiencing challenges and acute distress. In these difficult circumstances, it is vital that we take the time to care for our own physical and mental wellbeing.

**This session will teach you ways to help:**

- ⇒ Manage stress and anxiety
- ⇒ Practice self-care
- ⇒ Build emotional resilience

**Cost:** this training is free to any Kirklees-based community groups, charities, businesses and Kirklees Council staff.

**Booking:** email [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call Louisa on 07927 960 968.

# MONEY ON YOUR MIND

If there's a leak in the bathroom or the car breaks down, it's likely that you'd call a plumber to stop the leak or a recovery service to fix the car. But what about if your problems are financial and you're struggling to cope with growing debts? Who might you turn to if your general wellbeing isn't so good and you're starting to struggle with your mental health?

The following session is available for group bookings and can be tailored to specific needs and either delivered in person or digitally (via Teams or Zoom).

## Suicide Prevention Training (2 hours)

**By the end of this session you will be able to:**

- ⇒ Understand which groups are more at risk of suicide or self-harm and why
- ⇒ Feel more confident about how to offer the right kind of help to someone who may be feeling suicidal
- ⇒ Know where to find further help and support locally

We want to make sure that everyone knows who to turn to for help with money advice and mental health problems. If you know who can help in your area, you might just be able to stop someone from harming themselves, or even taking their own life.



**Cost:** this training is free to any Kirklees-based community groups, charities, businesses and Kirklees Council staff.

**Booking:** email [contact@s2r.org.uk](mailto:contact@s2r.org.uk) or call Louisa on 07927 960 968.

**Support to Recovery**

PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**  
COUNCIL