

Mind Cymru Mental Health & Well-being Partnership Programme

The 4 Regional Education Consortia in collaboration with Mind Cymru are offering a facilitated (both in English and Welsh) virtual professional learning opportunity from September 2021 onwards:

Mental Health Awareness Session - For all clusters across the region

This is a 3-hour session to raise awareness of mental health that will also include a take-away pack delivered in groups of 16 delegates. We are targeting 1 or 2 individuals from every cluster across the region. The session is suitable for all staff within the cluster. However the delegates would become the Well-being Programme Partnership Champions, meeting with the Well-being Team bi-annually and providing a channel for programme developments, communications resources and sources of support for dissemination to own cluster.

NEXT STEPS:

See attached link for course content:



Mind Training_MHA
Virtual Outline FINAL 2

To register your interest please complete the Google Form by following the link:

<https://tinyurl.com/Mental-Health-Session>

Mind - Managing Mental Health at work and supporting staff

This is a 3-hour facilitated session, plus learner take-away pack, delivered to groups of 16 delegates in both Welsh & English. This virtual session is targeted at School/Settings Senior Leadership Team Members/ GwE and LA. This programme would be subject to evaluation and further cohort's dependent upon initial feedback.

NEXT STEPS:

See attached link for course content:



Mind Training -
CSMH Virtual Course C

To register your interest please complete the Google Form by following the link:

<https://tinyurl.com/Mind-Managing-Mental-Health>



 **mind cymru**
for better mental health
o blaid gwell iechyd meddwl

CONSORTIA GWELLA YSGOLION RHANBARTHOL
REGIONAL SCHOOL IMPROVEMENT CONSORTIA

