



Well-being Partnership Programme

MIND's Mental Health Awareness at Work E-Learning

The Consortia Well-Being Partnership have collaborated with MIND to provide to **all professionals working within education across Wales** access to a 45-minute interactive mental health awareness e-learning package.

The module will cover:

- Introduction to mental health and mental health problems
- Depression, anxiety, and stress (causes, signs and symptoms)
- Mental health and work, workplace triggers and tips for building resilience
- Tips for taking care of mental health at work, five ways to wellbeing and wellness action plans
- Support that you can offer and tips for having conversations about mental health
- Sources of support.

The programme is available in both
Welsh Medium

Please access the programme from your
education consortia website
or visit click the following link:

<https://tinyurl.com/EAS-MindCymru-MentalHealth>



Diolch Ysgolion

Thank You SchOoLs