



Managing Mental Health and Building Resilience – Live Webinar

3 external CPD points

Introduction

This live and interactive webinar is open to all and has been designed to reflect upon the emotional impact of Covid-19 and how it relates to the most common conditions of depression and anxiety. We highlight the importance of self-care and provide a step-by-step programme of building personal resilience to meet the demands of the new normal.

Course Structure

- **2.5 hour webinar**

Webinar Objectives

- Raise awareness of the societal benefits of a positive approach to mental health
- Understand the mental health continuum
- Acknowledging the impact of the current pandemic on individual mental health
- Being able to recognise the early warning signs and symptoms of common mental health conditions
- Knowledge of the benefits of early intervention and colleague collaboration
- Understand what resilience is and how to achieve it
- The building blocks for improving resilience and the importance of self-care

To book or enquire about this programme please contact us:

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