

# Wellbeing Skills for Families, Friends & Carers\*

\* Of someone with a mental health issue



Families, friends and carers of people living with mental health difficulties go through their own challenges. These five stand-alone sessions offer a safe space to explore and learn in a group about your needs and strengths and learn skills to make the best of life

Webinars		To book one or more sessions contact: 0203 513 5818, or <a href="mailto:rhomelearning@swlstg.nhs.uk">rhomelearning@swlstg.nhs.uk</a>
<b>Thur 16 Sep</b> 1 - 3 pm	<b>Wed 3 Nov</b> 10:15am - 12:15pm	Being friends and family of someone with a mental health issue through the pandemic and beyond: challenges, opportunities and coping tools.
<b>Thur 23 Sep</b> 1 - 3pm	<b>Wed 10 Nov</b> 10:15 am- 12:15pm	What is recovery in mental health and how can families, friends and carers support it?
<b>Thur 30 Sep</b> 1- 3pm	<b>Wed 17 Nov</b> 10:15 am- 12:15pm	Responding to unusual and extreme situations and behaviours
<b>Thur 7 Oct</b> 1-3pm	<b>Wed 24 Nov</b> 10:15 am- 12:15pm	Introducing the key elements to planning for wellbeing
<b>Thur 14 Oct</b> 1-3pm	<b>Wed 1 Dec</b> 10:15 am- 12:15pm	What can I expect from mental health professionals as a friend or family member? Why?



Sessions will be delivered online via  
MS Teams

