

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 rhomelearning@swlstg.nhs.uk
Thur 3 June 10AM-11.30AM	Being friends and family of someone with a mental health issue through the pandemic and beyond: challenges, opportunities and coping tools.
Thur 10 June 10AM-11.30AM	What is recovery in mental health and how can families, friends and carers support it?
Thur 17 June 10AM-11.30AM	Responding to unusual and extreme situations and behaviours
Thur 24 June 10AM-11.30AM	Introducing the key elements to planning for wellbeing .
Thur 1 July 10AM-12	What can I expect from mental health professionals as a friend or family member? Why?



**Sessions will be delivered
online via
MS Teams**

