

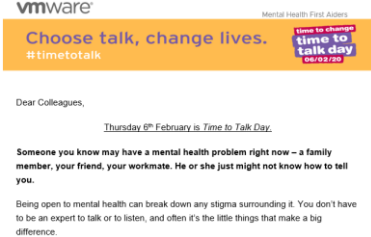





# NEMEA Mental Health First Aid FY21 Events Schedule

# FY21 Events Schedule (Calendar year 2020)

Date	Event	Activity															
20 <sup>th</sup> January	Blue Monday	 <p>Dear Colleagues,</p> <p>After the festive season, many of us are focused on New Year's resolutions and what we'd like to achieve this year; with the right mindset we can make sure they last.</p> <p>Today, 20<sup>th</sup> January, marks "Blue Monday" which is defined by Google as "a Monday on which one feels gloomy or dispirited, especially because one has to return to work after the weekend".</p> 															
6 <sup>th</sup> February	Time to Talk Day	 <p>Dear Colleagues,</p> <p>Thursday 6<sup>th</sup> February is <i>Time to Talk Day</i>.</p> <p>Someone you know may have a mental health problem right now – a family member, your friend, your workmate. He or she just might not know how to tell you.</p> <p>Being open to mental health can break down any stigma surrounding it. You don't have to be an expert to talk or to listen, and often it's the little things that make a big difference.</p> 															
1 <sup>st</sup> April to 30 <sup>th</sup> April	Stress Awareness Month	<p>1 x webinar each week</p> <table border="1" data-bbox="1001 915 1595 1322"> <thead> <tr> <th>Session Name</th> <th>Time, Date</th> <th>How to register</th> </tr> </thead> <tbody> <tr> <td> <b>Get the Best of Stress</b>                      In this training, participants will get an overview of stress basics as well as practical suggestions for coping with stressful situations, like in the workplace. The concept of stress hardiness is also introduced as a focus for healthy stress management.                 </td> <td>                     Wednesday 8<sup>th</sup> April 2020                      12pm to 1pm (BST)                 </td> <td>                     Outlook invite to follow                      Training provided by: Optum (VMware's global Employee Assistance Programme provider)                 </td> </tr> <tr> <td> <b>Positive Coping</b>                      Topics covered are:                     <ul style="list-style-type: none"> <li>Understanding what contributes to optimal mental wellbeing</li> <li>Obstacles to achieving optimal mental wellbeing</li> <li>Reactions we might experience to change and adversity</li> <li>Positive coping tools and skills for managing change and adversity</li> <li>Concepts used: cognitive behaviour and positive psychology</li> </ul> </td> <td>                     Wednesday 15<sup>th</sup> April 2020                      12pm to 1pm (BST)                 </td> <td>                     Outlook invite to follow                      Training provided by: AXA PPP (VMware's UK Private Medical provider)                 </td> </tr> </tbody> </table> <table border="1" data-bbox="1663 915 2339 1322"> <tbody> <tr> <td> <b>Helping Parents and Carers manage child stress</b>                      As children grow, they have different worries and fears and it can be tricky for parents and carers to know how best to support them with these.                      Learn more in these session about:                     <ul style="list-style-type: none"> <li>Common worries children have</li> <li>Spotting the signs</li> <li>Practical tips to help them</li> <li>Q&amp;A</li> </ul> </td> <td>                     Thursday 23<sup>rd</sup> April 2020                      12pm to 1pm (BST)                 </td> <td>                     Outlook invite to follow                      Training provided by: Joanne Meredith (Counsellor for Young Children)                 </td> </tr> <tr> <td> <b>SuperMind series</b>                      3 x 20 minute modules:                     <ul style="list-style-type: none"> <li>Mindfulness - Breathing to de-stress</li> <li>Power of Visualisation – A strong and resilient new you</li> <li>Meditation – Finding peace within</li> </ul> </td> <td>                     Tuesday 28<sup>th</sup> April 2020                      1pm to 2pm (BST)                 </td> <td>                     Outlook invite to follow                      Training provided by: Linda Dowie (Stress Management Consultant) <a href="https://www.superwellness.co.uk/">https://www.superwellness.co.uk/</a> </td> </tr> </tbody> </table>	Session Name	Time, Date	How to register	<b>Get the Best of Stress</b> In this training, participants will get an overview of stress basics as well as practical suggestions for coping with stressful situations, like in the workplace. 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# FY21 Events Schedule cont

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18 <sup>th</sup> to 24 <sup>th</sup> May	<b>Mental Health Awareness Week</b>	Various webinars and communications to be confirmed
10 <sup>th</sup> October	<b>World Mental Health Day</b>	Various webinars and communications to be confirmed