Mental Wellbeing of People Being Supported

Target Audience

Managers and Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support.

Everyone has mental health and can face challenges which can affect the wellbeing of their mental health.

Recognising that the COVID-19 Pandemic has had a huge impact on people's mental wellbeing, means we are seeing people who have never experienced mental ill-health before and may struggle to recognise they need support.

There are steps we can take to support the people we are supporting to be empowered to recognise if they are experiencing mental ill health and how to set goals to achieve mental wellbeing.

This course is delivered using a range of methods and resources including:

- Live tutor facilitation, questionnaires, interactive polls, videos, and scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- NHS – Better Health – every mind matters

Course Content

- Actively promote wellbeing
- Recognising a need for support
- Active listening
- Support empowerment for self-care
- Limits and boundaries
- Sources to signpost for professional support

Learning Outcomes

After attending this course, learners will be able to:

- Describe how you can actively promote wellbeing
- Explain how you can recognise a person's need for support
- State what active listening is and the impact this can have on support offered
- Give an example of how you can support empowerment for self-care
- Give an overview of you limits and boundaries, within own role
- List sources to signpost to for professional support

Duration: 3 Hours