

Stress and Mental Health Improvement Virtual Training

available to all NHS Grampian and Health and Social Care Staff

touchbase...

Mental Health Training
Calendar 2021-2022

April to December 2021



Month	Mental Health Awareness 1.5 hrs	Stress Awareness 1.25 hrs	Mental Health Training for managers/Team leaders (stress mgt+ mentally healthy course for mgt. 3.00 hrs)	Listening Ear 1.00 hr	Recovery in Mental Health 1.25 hrs	Relaxation 1.25 hrs	Promoting resilience 3.0 hrs
Apr	Thurs 29th 10.00 - 11.30	Thurs 8th 10.00 - 11.30	Wed 14th 13.00 - 16.00	Tues 20th 10.00 - 11.00am	Mon 19th 14.00 - 15.15	Tues 13th 10.00 - 11.30	Wed 7th 10.00 - 13.00
May	Thurs 27th 10.00 - 11.30	Tues 4th 10.00 - 11.30	Wed 5th 10.00 - 13.00	Tues 18th 10.00 - 11.00		Tues 11th 10.00 - 11.30	Wed 12th 10.00 - 13.00
Jun	Thurs 25th 10.00-11.30	Tues 8th 10.00 - 11.30	Wed 9th 13.00 - 16.00	Tues 15th 10.00 - 11.00	Thurs 24th 13.00 - 16.00	Tues 15th 10.00 - 11.30	Mon 7th 13.00 - 16.00
Jul		Tues 6th 10.00 - 11.30	Wed 7th 10.00 - 13.00			Thurs 15th 10.00 - 11.30	Thurs 8th 10.00 - 13.00
Aug	Thurs 26th 10.00 - 11.30	Thurs 5th 10.00 - 11.30	Wed 4th 13.00 - 16.00	Tues 17th 10.00 - 11.00	Thurs 19th 13.00 - 16.00	Tues 17th 10.00 - 11.30	
Sep	Thurs 30th 10.00 - 11.30	Tues 7th 10.00 - 11.30	Wed 1st 13.00 - 16.00	Tues 16th 10.00 - 11.00		Thurs 16th 10.00 - 11.30	Wed 8th 13.00 - 16.00
Oct	Thurs 28th 10.00 - 11.30	Tues 5th 10.00 - 11.30	Mon 4th 13.00 - 16.00		Thurs 14 13.00 - 16.00	Tues 19th 10.00 - 11.30	
Nov	Thurs 25th 10.00 - 11.30	Tues 9th 10.00 - 11.30	Wed 3rd 13.00 - 16.00	Tues 18th 10.00 - 11.00		Tues 16th 10.00 - 11.30	
Dec		Tues 7th 10.00 - 11.30		Tues 15th 10.00 - 11.00	Thurs 9th 13.00 - 16.00	Tues 14th 11.00 - 11.30	Wed 1st 10.00 - 13.00

For course enquiries and to book a place contact:

✉ gram.mentalhealthtraining@nhs.scot

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...because you care

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