

DUDLEY ACADEMIES TRUST

Trust Wellbeing First update



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Lead: Rebecca Meacham, Compliance & Safeguarding Officer
(rebecca.meacham@dudleycol.ac.uk)

New Free Courses

This week is **Mental Health Awareness Week**, and to offer some much-needed support, [Hays Education Training](#) have added 5 new free courses to your Wellbeing First package.

Note: If you have forgotten your login details, please go to 'Forgot your password?' to reset your password.

What's New

Warning signs - This course identifies mental health warning signs and shows you how to reach out to others to provide comfort and support.

How to have an honest conversation - This course looks at the power of honest and open discourse. Find out how to create a safe space in which people can have frank discussions about mental health.

How to be successful, pay something forward - This short course looks at the role of kindness in bringing people closer together, and how it can benefit mental health for all parties.

Exercising your gratitude muscle - Gratitude and altruism are proven to help us fight isolation and loneliness. This course helps you understand the power of gratitude and bring it into the workplace.

Remote working 101 - Remote working can have a big impact on wellbeing, especially long-term. This course can help your team prioritise mental health when working from home.