

Improvement Training Programme

If you would like to know more about common mental health issues, there are a wide variety of training courses available which may be useful for you.



Course	When & Where
Alcohol and Mental Health <i>Alcohol Awareness Week</i>	4th July, 11-12pm Online
Stress Awareness	28th July, 12-1pm Online
Food and Mental Health	28th July, 10-11.30am Online
Sleep and Mental Health	10th July, 2-3.30pm Online
Mental Health Improvement & Suicide Awareness (2 workshops)	20th & 27th July, 10-12pm Online
Mental Health Awareness	18th August, 12-1pm Online
Long Covid and Mental Health (NEW)	25th August, 10-11.30am Online
Stigma and Discrimination	31st August 12-1pm Online
Understanding and Developing Personal Resilience (3 workshops)	6th (9.30-11am), 13th (1.30-3pm) & 20th September (9.30-11am) Online
Recovery in Mental Health <i>Suicide Prevention Week</i>	15th September, 2.30-3.30pm Online
Listening Ear <i>Suicide Prevention Week</i>	14th September, 12-1pm Online
Self Harm Awareness	6th July, 3rd August, 21st September 10-12pm Online



For further information contact:
TAY.publicmentalhealthtraining@nhs.scot
To book a place, visit NHS Tayside on eventbrite
www.eventbrite.co.uk/o/nhs-tayside-42106032373