

# FREE E-learning Mental Health and Wellbeing Courses

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**FREE  
Online  
Courses**

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## INTRODUCTION TO TRAUMA AND HEALING

This course provides an introduction to help our understanding of how traumatic experiences can affect our emotional and physical well-being. It examines case studies of trauma and provides helpful strategies used successfully to support people experiencing some of the distressful symptoms associated with trauma.

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## PRACTISING SELFCARE

The art of self-care can mean something different for everyone, and how we choose to look after ourselves has a huge impact on how we feel.

This course aims to create awareness on the importance of implementing a sustained self-care programme in order to maintain or enhance mental and physical wellbeing.

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## MINDFULNESS & DEEP RELAXATION

This course aims to acquaint you with the practice of mindfulness to enhance your wellbeing through simple, evidence-based practices. At the end of the course you will be able to practice a wonderful 20 minute Mindfulness session with our Peer Educator.

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## FINDING HOPE AFTER BEREAVEMENT FROM HURT TO HEALING

This course aims to help you get a better understanding of grief and bereavement, suggests ways of coping and outlines the support that is available.

*\*\*Please note that this course may not be suitable for those people who are recently bereaved. If you have had a recent bereavement and would like support please contact us and we can give you information on local organisations that can help\*\**

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## UNDERSTANDING & MANAGING YOUR ANXIETY

Anxiety is a normal part of everyday life but it becomes a problem when it is frequent, overwhelming and stops us doing the things we would like to be able to do.

The first step towards managing our anxiety is to firstly understand why we feel certain ways sometimes. We can then begin to implement techniques which help us to manage these feelings, and help improve our self-esteem.



## HOW TO GET A GOOD NIGHT'S SLEEP

If you are someone who struggles to get to sleep or wakens in the middle of the night and can't get back to sleep this course will provide you with some useful tips to help you have a good night's sleep'.



## LEARNING TO LIKE YOURSELF

People who experience low self-esteem frequently view themselves in a negative way and this can have a major impact on their lives. This course aims to explore some of the causes and underlying issues of low self-esteem. We will explore practical strategies and techniques which can help you build and maintain a more positive view of you.



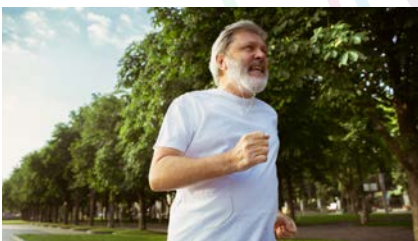
## MANAGING DEPRESSION

This course will enable you to recognise that depression is not something that needs to be faced alone. There is hope for recovery and there are ways to manage depression.



## UNDERSTANDING DEPRESSION

This course will explore what being depressed means, signs and symptoms of Depression and help you understand how it can impact on people's lives.



## SELF-CARE FOR CARERS PART 1 & 2

Caring for someone can be a tough job. Alongside your practical duties, you may experience various emotions, and it is easy to forget about your own needs.

This course provides an awareness of the importance of implementing a sustained self-care programme in order to maintain or enhance your mental and physical wellbeing while you are looking after someone else.

**mymentalhealthrecovery.com** offers a free, flexible, online learning experience - providing a range of training and practical tools to support mental health and wellbeing.

From 'Getting a Good Night's Sleep', to 'Coping with Anxiety' - there are courses suitable for everyone. It is quick and easy to register - simply follow the three steps below:

### How to register:



Scan the QR code or visit  
**mymentalhealthrecovery.com**



Create an account by  
entering your information



Browse e-learning courses

Once registered you will have access to all the online course materials to start your journey.

For further information or registration assistance please contact:  
NI (028) 7161 1237 ROI (048) 7161 1237  
**VRC.Admin@westerntrust.hscni.net**

**Register Now**

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