i-act .co.uk

*for positive mental health and **WELL**being*

Working from home?

Why not complete the i-act (for positive mental health and wellbeing) training? Take part in the 3.5-hour instructor led live online i-act training!

Receive the hard-copy evidence-based 156-page i-act course manual, toolkit and resource pack (delivered directly to your home address).

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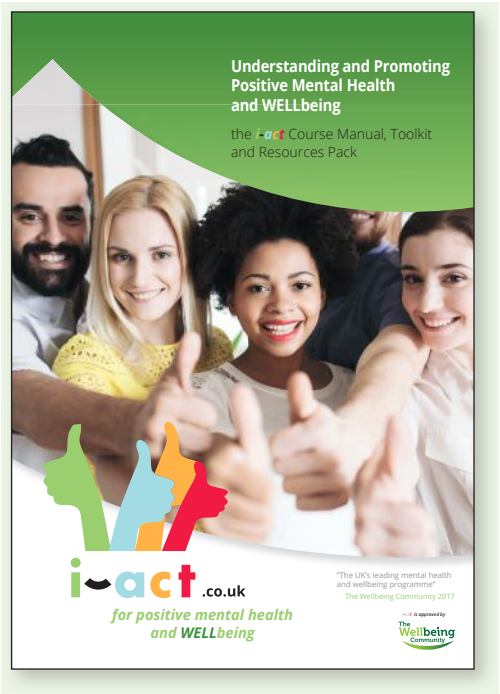
Understanding and Promoting Positive Mental Health and WELLbeing in the Workplace



- This accredited online i-act training is aimed at supporting employees/front-line workers and to improve their own wellbeing in the workplace, and support others who may experience a mental health or wellbeing issue.
- This course comes with a 156-page evidence-based course manual, toolkit and resource pack (pictured left) for each participant.
- The manual includes over 45 practical tools to support employees, and over 95 agencies/ organisations to refer on to.
- The evidence-based i-act course manual cites over 200 reputable references, researched by leading academics in the field.
- The course highlights how we can all improve our wellbeing to help build resilience.
- The course comes with free access to all of the on-linei-act resources.

Course objectives - the online i-act course for ALL employees aims to:

- give participants a greater understanding of mental health and wellbeing issues, and help them recognise when they may need further help and support,
- provide some practical tools for managing stress, anxiety and low mood, and for promoting positive wellbeing to help build resilience,
- offer guidance and advice for how we can connect with colleagues who may be experiencing a mental health or wellbeing issue,
- equip participants with a resource pack, toolkit, and signposting to further help and support concerning mental health and wellbeing issues.

Visit the website for further details:

www.i-act.co.uk

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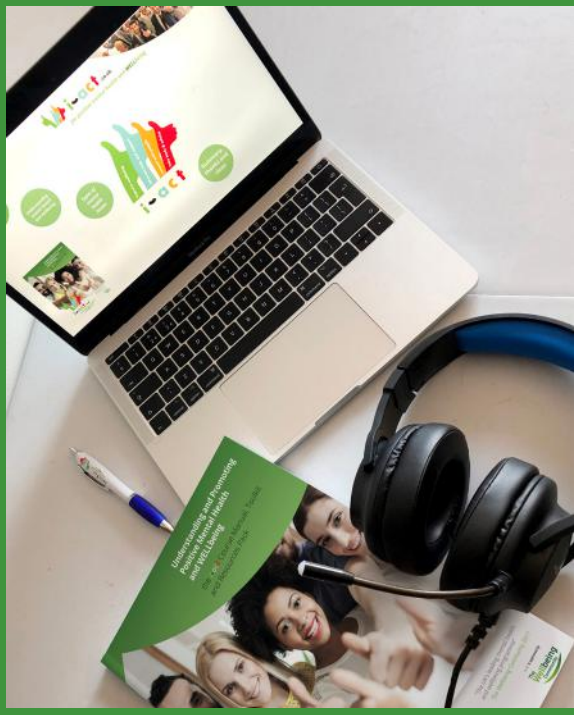
for positive mental health and WELLbeing

"The i-act training has given me a much greater understanding about mental health and wellbeing issues, how we can be proactive in promoting positive wellbeing within ourselves and how to support others who may be in distress. The 156-page i-act manual is an incredibly valuable resource."

Your registration/certification as an i-act (for positive mental health and wellbeing) practitioner lasts for three years, as does your access to the online i-act resources.

Our team of expert accredited i-act instructors are waiting to welcome you to this online training.



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Lisa Van Os, at Newport Mind, is an approved and accredited instructor of online i-act training

Contact Lisa today to book your i-act training

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