

Mental Health and Wellbeing Training

FREE

Bookings are filling up fast, don't miss out!



What is Mental Health Training?

Mental Health in construction is a significant issue, with over a third of construction workers reporting that they have experienced a condition in the past year.

Who is this training available to?

The courses are designed to support individuals at all levels of the construction workforce working within the NI construction industry.

How to create longer-term goals?

The workplace plays a critical role in helping to improve Mental Health and Wellbeing by creating environments where stressors attributed to the workplace can be minimised, supporting people who are struggling with practical tips, action plans and self-help strategies.

Where to book training?

Click on your preferred training date below. Except for Laying the Foundations for Mental Health, contact Amanda Beggs.

Course type	Course Overview	Date(s)	Location
Laying the Foundations for Mental Health (Recommended for all workers) Half day (9.30am - 12.30pm)	Course includes: How to recognise mental health symptoms, how to promote your own mental health and where to find help	Tue-4 Feb 2020 Tue-11 Feb 2020 Tue-3 Mar 2020 Tue-10 Mar 2020 Tue-7 Apr 2020 Tue-21 Apr 2020	Various locations using the Mobile Unit. To book, please contact Amanda Beggs on 028 9082 4229
Building on the Foundations for Mental Health (Recommended for Managers / Line Managers / Human Resources / Supervisors and for one date only Directors) One day*	Course includes: Help on effective, coherent and consistent ways of recognising the mental wellbeing needs of your staff, how to support staff experiencing issues and emotional resilience	Fri 21 Feb 2020 Wed 4 Mar 2020 - Directors Only Wed 8 Apr 2020	Inspire, Belfast CITB NI, Crumlin Inspire, Belfast
Bereavement and Loss Awareness (Recommended for Managers / Line Managers / Human Resources / Supervisors) One day*	Course includes: How to communicate effectively and compassionately with bereaved people, factors affecting the grieving process	Thu 27 Feb 2020	Silverbirch Hotel, Omagh
Mental Health First Aid (Recommended for Managers / Human Resources / Supervisors) Two-day course*	Course includes: The impact of mental health issues, the stigma, early warning signs, how to provide advice, coping strategies and how to seek help	Tue 17-18 Dec 2019 Tue 18-19 Feb 2020 Tue 3-4 Mar 2020	CITB NI, Crumlin CITB NI, Crumlin Inspire, Belfast
Addiction Services: Alcohol, Other Drugs & How to Support Someone (Recommended for Managers / Line Managers / Human Resources / Supervisors) One day*	Course includes: Spotting the early signs of drug or alcohol use/misuse, how to help minimise the impact and ways to seek help	Wed 5 Feb 2020 Tue 3 Mar 2020 Tue 7 Apr 2020 Wed 20 May 2020	Inspire, Belfast Catalyst Inc, Derry/L'derry Silverbirch Hotel, Omagh Canal Court Hotel, Newry

Course Costs: Free for CITB NI registered in-scope employers who have met the eligibility terms and conditions for grants to employers 2019/20. Non Registered, £25 per person for half day, £40 per person for full day courses.

*Light refreshments will be provided on the day, so please let us know if you have any special dietary requirements at the time of booking. Course costs are based on rates available to employers who comply with the 2019/20 conditions of CITB NI Grant and are not eligible for CITB NI Grant.

For further information contact:

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Events, unless otherwise stated, are open to non CITB NI registered companies but will incur a charge of £25 per person for half day and £40 per person for full day courses



Are you working in construction? Construction employers working in Northern Ireland for 27 weeks or more are legally required to register with CITB NI. Registered employers can claim training grants, access our Mobile Training Unit, Virtual Environment Training VET360, scaffolding training and training support materials such as health & safety booklets, blueprint and online training directory. Find out about these and other services at www.citbni.org.uk. [Click here](#) to find out more about how to register.