**Emotional Wellbeing Menu for Education Settings –**

**Education Staff Training Request Form (2024-25)**

We support education settings to implement a Whole School/College Approach to wellbeing. This aims to upskill the workforce to promote positive mental health, emotional resilience, early intervention and prevention and reduce stigma.

Training sessions may be delivered in a variety of ways, this may consist of a two part package: a pre-recorded presentation followed by a check-in session to consolidate learning.  
Please email requests to: [lpft.cyptraininglead@nhs.net](mailto:lpft.cyptraininglead@nhs.net)

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| --- | --- |
| **Education setting name** |  |
| Postcode: |
| **Contact name at education setting** |  |
| **Job Role** |  |
| **Email address** |  |
| **Which of the training packages would you like to access?**  **We recommend one package is requested at a time; due to the time it takes to embed strategies.** | Anxious Feelings  Adverse Childhood Experiences  Emotional Regulation  Low Mood  Mental Health Awareness  Self-esteem  Self-harm  School Based Anxiety/Using a Graded Approach  Whole School Approach – Action Planning |
| **When would be most convenient to access the training?** |  |