**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

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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?** |  |