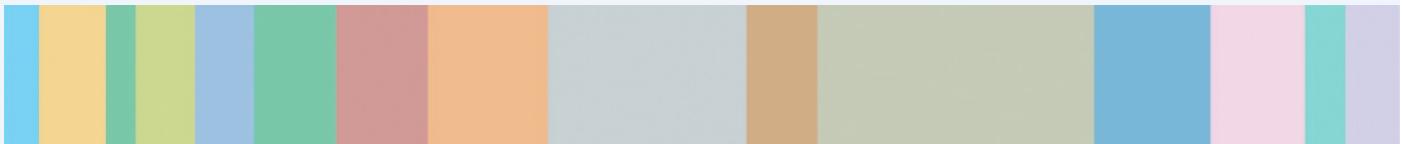




# **Mental Health and Wellbeing Training Programme**

**2025—2026**

**Bolton  
Council**





# WELCOME...

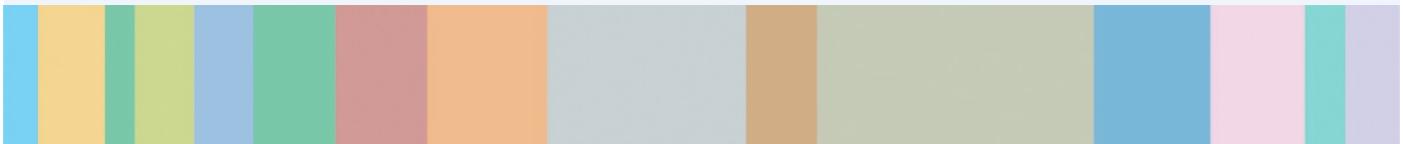
This **FREE** training programme helps people to gain insights into their own mental health and wellbeing, as well as learn how to recognise the signs of poor mental wellbeing in others, provide support and advocate for mental health awareness in the workplace.

There are a number of different courses on offer, ranging from one-hour introductory sessions to courses with up to seven sessions on different days.

Training is available both online and in person

**Please note** that all our MH and wellbeing courses are free to attend, however, from the 1st October 2024, if places are booked and not cancelled, there will be **a non-attendance fee of £30 per course**.

## How to Book on to Courses



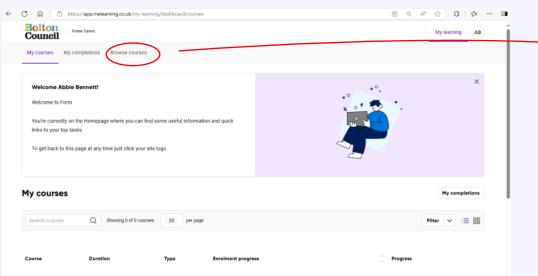


## How to Book on to Courses

If you are new to Me-Learning, please [register your details in the Open Access workspace on Me-Learning](#). When you are registered, you will be able to [sign in on the Open Access workspace on Me-Learning](#), browse the training catalogue and enrol on the courses.

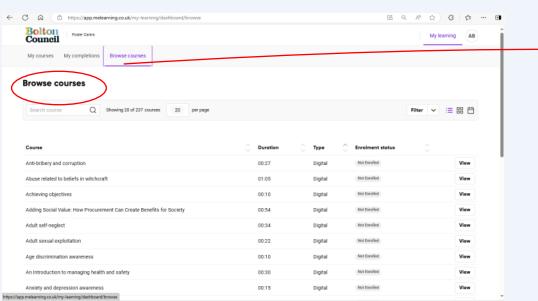
If you cannot register, it is because you are already registered but in a different workspace. If you are an existing Me-Learning user but need to be registered in the Open Access workspace, please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk). For any problems with registration, please email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk) or phone 01204 337600.

To book on a course, click on the **Browse Courses** section and search for your selected course. Once you have found the course you have searched for click **View** and then **Enrol**.



### **1. Select 'Browse Courses'**

On this page you will see a list of ALL the courses available to you.



### **2. Search for your selected course**

Once searched, you will see the course you are looking for on your screen. Select **View** and **Enrol** to sign up.

If you are enrolling onto an Online course/ event, this will be delivered by Microsoft Teams or Zoom.

Your link to the online session will be visible on your Me Learning Courses once you have enrolled.



## **If you need to cancel a place on a course**

If your circumstances change and you cannot attend a course, please cancel your place on [Me-Learning](#).

When cancelling your place, please be aware you must cancel your place at least 3 weeks prior to the course date, otherwise the following charges will apply-

3 weeks or more – No Charge

2 weeks prior - £30.00

The week of the training course, the day of training or non-attendance on the day- Full Cost of the course

**IMPORTANT** - If your course is free of charge and you do not cancel within the times outlined above, you will be charged £30.00

For any questions related to booking, please

email [learninganddevelopment@bolton.gov.uk](mailto:learninganddevelopment@bolton.gov.uk) or phone on 01204 337600.

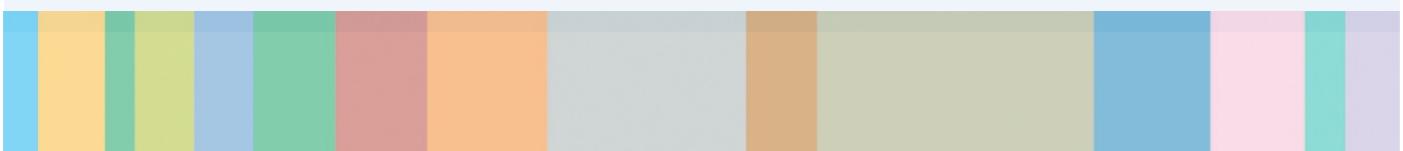




## Mental Health and Wellbeing Training

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# Foundational ACEs (Adverse Childhood Experiences) & Trauma Awareness Training

## [How to Book on to Courses](#)

### Course Overview

This session aims to cover what Adverse Childhood Experiences (ACEs) are, how they affect people's lives and what we can do to support people who have experienced adversity and trauma. We will also look at what a trauma-informed way of living or working is and how this can be implemented

### Audience

Open to all people working or volunteering in the Bolton area

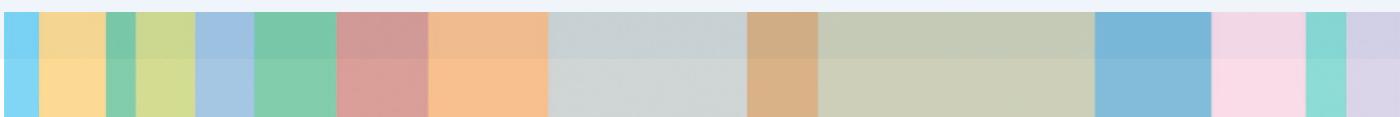
### Facilitators

Thrive Manchester

Dates	Times	Venue
25 February 2026	13:00-16:00	Basement Meeting Room, Bolton Central Library, BL1 1SE
9 March 2026	13:30-16:30	MS TEAMS
24 March 2026	1:30pm-4:30pm	Castle Hill Centre, Castleton street, BL2 2 JW
23 April 2026	9.30-12.30	MS TEAMS
15 May 2026	9.30-12.30	Castle Hill Centre, Castleton street, BL2 2 JW
24 June 2026	13.30-16.30	Castle Hill Centre, Castleton street, BL2 2 JW
14 July 2026	13.30-16.30	MS TEAMS
17 September 2026	13.30-16.30	Harvey Family Hub, Shaw Street, Bolton, BL3 6HU
6 October 2026	13.30-16.30	Castle Hill Centre, Castleton street, BL2 2 JW
12 November 2026	9.30-12.30	MS TEAMS
14 December 2026	13.30-16.30	Castle Hill Centre, Castleton street, BL2 2 JW

[Free Bespoke training offer](#)

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# 5 Ways to Wellbeing

## [How to Book on to Courses](#)

### Course Overview

The Five Ways to Wellbeing are a set of evidence-based actions that can improve mental health and overall wellbeing.

We will explore what simple things individuals can do in their everyday lives to boost their mood and feel better and introduce the training pathway that will be available for staff to support many aspects of wellbeing and mental health

### Audience

Open to all people living, working or volunteering in the Bolton area

### Facilitators

Learning and Development Team

Dates	Times	Venue
30 April 2026	10:00pm-12:00pm	Castle Hill Centre, Castleton street, BL2 2 JW
15 May 2026	1:00pm-3:00pm	<b>Central Library</b> , Le Mans Crescent, Bolton, BL1 1SE
11 June 2026	1:00pm-3:00pm	Castle Hill Centre, Castleton street, BL2 2 JW
22 September 2026	10:00pm-12:00pm	Castle Hill Centre, Castleton street, BL2 2 JW
25 November 2026	1:00pm-3:00pm	Castle Hill Centre, Castleton street, BL2 2 JW
3 February 2027	10:00pm-12:00pm	Castle Hill Centre, Castleton street, BL2 2 JW

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# Connect 5

## [How to Book on to Courses](#)

### Course Overview

Connect 5 is a 3-session programme that draws on cognitive behavioural therapy to promote self-help. This course aims to raise awareness of how you can support mental health and wellbeing within your everyday life. The intended outcome of this course is to change the way we have mental wellbeing conversations so that we are confident and skilled to have brief conversations in which we help a person think about ways they can take action to improve their mental wellbeing.

### Audience

Open to all people working and volunteering in the Bolton area

### Facilitators

Learning and Development Team

### Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times
27 January, 3 and 10 February 2026	9:30—14:30
12, 19 and 26 March 2026	9:30—14:30
7, 14, 21 May 2026	9:30—14:30
1, 8, 15 October 2026	9:30—14:30
19, 26 January, 2 February 2027	9:30—14:30
9, 16, 23 March 2027	9:30—14:30

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# Living Life to the Full

## [How to Book on to Courses](#)

### Course Overview

[Living Life to the Full](#) is a 7-session course that promotes a discovery of how to tackle a variety of problems in life. This course is for anyone who wishes to improve how they feel when they are feeling low or stressed.

### Audience

This course is for anyone who wishes to improve how they feel when they are feeling low or stressed.

### Facilitators

Learning and Development Team

### Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times
30 January 2026 6, 13, 27 February, 6, 13, 20 March 2026 (the last session is optional)	9:30—14:30 9:30—12:30
15 May 2026 22 May, 5, 12, 19, 26 June, 31 July 2026 (the last session is optional)	9:30—14:30 9:30—12:30
5 November 2026 12, 19, 26 November, 3, 10 December 2026, 7 January 2027 (the last session is optional)	9:30—14:30 9:30—12:30
5 February 2027 12, 26 February, 5, 12, 19, March, 16 April 2027 (the last session is optional)	9:30—14:30 9:30—12:30

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# Making Every Contact Count (MECC)

## How to Book on to Courses

## Course Overview

MECC is designed to support learners with developing an understanding of how to engage in having a positive health and wellbeing conversations within a workplace or with an individual. You will learn how to recognise opportunities to talk to people about their wellbeing, it focuses on how asking the right questions and listening effectively to people is a vital role for all of us.

## Audience

Open to all people working and volunteering in the Bolton area

## Facilitators

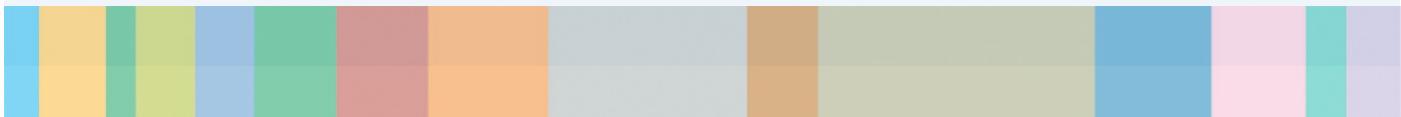
## Learning and Development Team

## Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
9 October 2025	9:30-16:30
6 November 2025	9:30-16:30
2 December 2025	9:30-16:30

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# Understanding depression

## [How to Book on to Courses](#)

### Course Overview

This 3-hour training session provides an introduction to understanding of depression, including its types, causes, symptoms, and support strategies. It equips participants with practical tools to recognise, manage, and support individuals experiencing depression. The session includes discussions, case studies, and practical exercises.

### Objectives

By the end of the session, participants will:

- Understand what we mean by the term depression.
- Understand biological, psychological, and environmental causes.
- Recognise physical, emotional, and cognitive symptoms.
- Develop effective support and communication strategies.

### Audience

Open to all people working and volunteering in the Bolton area

### Facilitators

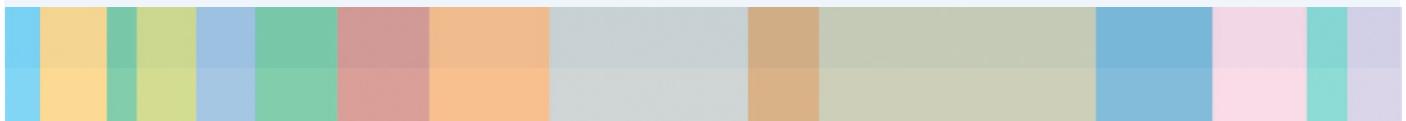
Wellness Project CIC

### Venue

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

Dates	Times
14 November 2025	13:00—16:00
28 January 2026	9:30-12:30

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# Men's mental health: raising awareness and supporting men

## [How to Book on to Courses](#)

### **Course Overview**

This training course equips professionals with the knowledge and skills to recognize signs of poor mental health in men, engage them in meaningful conversations, and provide appropriate support. Through practical tools and real-world insights, you'll gain confidence in assessing mental health conditions, understanding safeguarding responsibilities, and connecting men with vital services.

### **Objectives:**

By the end of the session, participants will:

- Explain the prevalence and impact of mental health issues among men.
- Identify key signs and symptoms of poor mental health in men.
- Apply effective engagement techniques to encourage men to open up.
- Use appropriate screening tools to assess mental health conditions.
- Locate, and refer individuals to, relevant national and local support services.
- Understand safeguarding responsibilities and risk management procedures.

### **Audience**

Open to all people working and volunteering in the Bolton area

### **Facilitators**

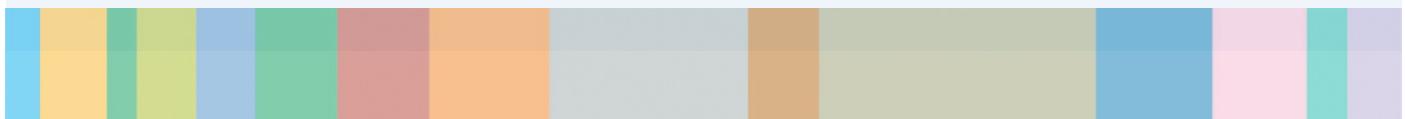
Pops Consultancy

### **Venue**

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
27 November 2025	9:30—12:00
27 November 2025	13:30—16:00
12 March 2026	9:30—12:00
12 March 2026	13:30—16:00

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# Mental Health First Aid Refresher

## [How to Book on to Courses](#)

### **Course Overview**

This half day refresher course Mental Health First Aid (MHFA) is an internationally recognised training course which teaches people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

### **Audience**

Open to all people working and volunteering in the Bolton area

### **Facilitators**

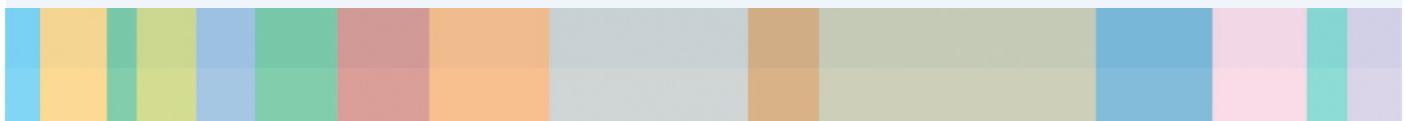
Re-Align Futures

### **Venue**

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
11 February 2026	9:30—12:45
27 March 2026	9:30—12:45

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# MHFA Adult Champion

## [How to Book on to Courses](#)

### **Course Overview**

This one day course qualifies you as an MHFA Champion giving you an understanding of common mental health issues. Knowledge and confidence to advocate for mental health awareness. Ability to spot signs of mental ill health and skills to support positive well-being, looking after yourself and others.

### **Audience**

Open to all people working and volunteering in the Bolton area

### **Facilitators**

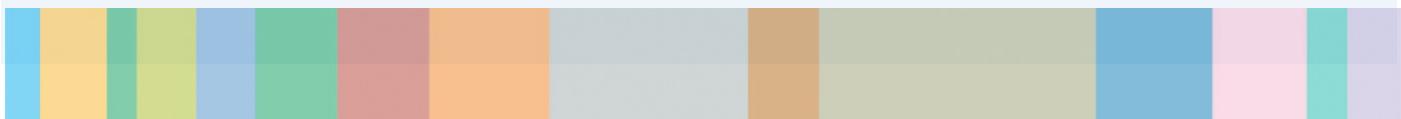
Re-Align Futures

### **Venue**

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
27 February 2026	9:30—17:00
25 March 2026	9:30—17:00

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# “Take Care” self-harm awareness training

## [How to Book on to Courses](#)

### **Course Overview**

Self-harm affects thousands of people across the UK and it can be hard to know how to respond . This course will help you to consider helpful strategies for supporting people who self-harm while also supporting your own wellbeing.

It aims to increase understanding of why & how people self-harm, and how best to support those who do.

This course supports practitioners, caregivers & community members supporting individuals who self harm.

### **Audience**

Open to all people working and volunteering in the Bolton area

### **Facilitators**

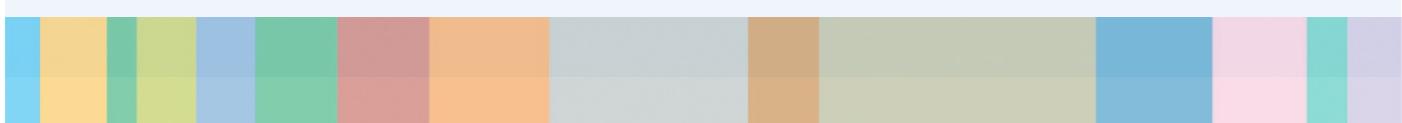
Re-Align Futures

### **Venue**

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
11 November 2025	9:30—13:00
25 February 2026	9:30—13:00

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# safeTALK suicide awareness training

## [How to Book on to Courses](#)

### **Course Overview**

Half-day training in suicide alertness

It helps participants to recognise a person with thoughts of suicide and connect them with resources that can help them in choosing to live. Participants don't need any formal preparation to attend the training. Anyone who wants to make a difference can learn the safeTALK steps

### **Audience**

Open to all people working and volunteering in the Bolton area

### **Facilitators**

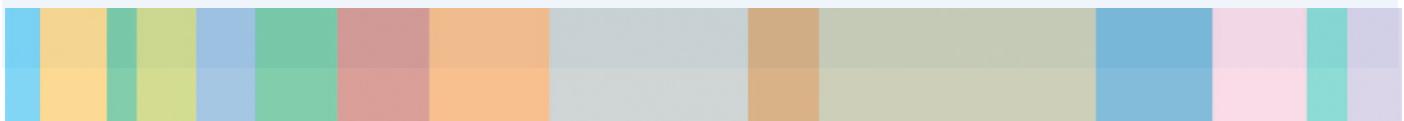
Re-Align Futures

### **Venue**

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
25 November 2025	13:00—16:30
17 March 2026	9:30—13:00

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# Supporting people experiencing bereavement & loss

## [How to Book on to Courses](#)

### Course Overview

The impact of bereavement is always a very difficult and challenging time. The COVID 19 crisis has further impacted on people's experiences of bereavement. Many people lack confidence in knowing how to support someone through the impact of loss and bereavement.

By the end of this course you will be able to:

- gain a deeper understanding of loss, grief and bereavement in adults.
- understand the impact of covid-19 on bereavement
- explore theories of loss
- reflect on supportive communication skills to acknowledge a bereavement or loss highlighting the role of a compassionate leader.
- highlight the importance of self awareness – looking after yourself.

learn about useful resources and both national and local organisations to support

### Audience

Open to all people working and volunteering in the Bolton area

### Facilitators

Bolton Hospice

### Venue

Bolton Hospice, Queens Park Street, Chorley New Road, Bolton, BL1 4QT

Dates	Times
17 November 2025	13:30—16:00

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# Debt awareness and wellbeing

## [How to Book on to Courses](#)

### **Course Overview**

This one-day course has been designed to raise awareness around problem debt and assist participants to identify when specialist help is needed. You will learn about: what is stress, how it impacts you and how using the 5 ways to wellbeing can help you dealing with stress.

### **Audience**

Open to all people working and volunteering in the Bolton area

### **Facilitators**

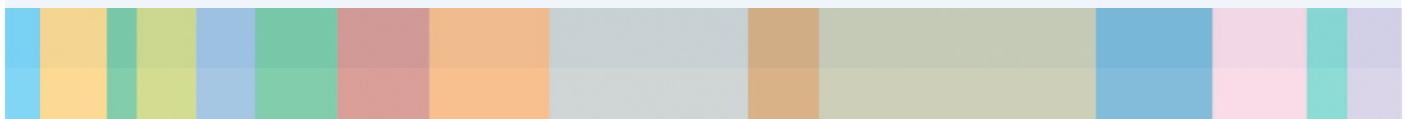
Bolton Hospice

### **Venue**

Castle Hill Centre, Castleton Street, Bolton, BL2 2JW

<b>Dates</b>	<b>Times</b>
24 September 2025	9:30—16:30
22 January 2026	9:30—16:30
17 March 2026	9:30—16:30

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# Autism and Suicide Awareness Training

## Course Overview

Co-produced with people from the autistic community, this Autism and Suicide Awareness Training aims to

- Share information about autism and suicide risk
- Share real experiences
- Coach you through spotting the signs and supporting an autistic person with four different scenarios (you can choose which ones you want to complete)
- Share resources for further support

## Audience

This course has been developed for anyone to take the training, but it is particularly recommended you take the training if you are part of the autistic community or work with autistic people. This course is recommended for people aged 16 or over.

## Provider

ZSA training

## Delivery

E-Learning

[Access this course](#)

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