Mental Health

Training Programme

2026-2027

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Mental Health Training Programme

2026-2027

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Bolton Council

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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.

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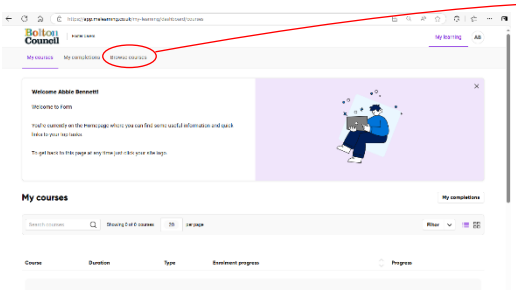
How to Book on to Courses

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.

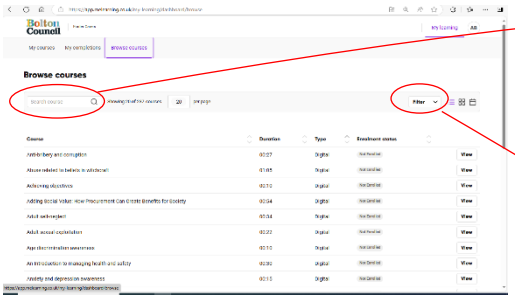
If you cannot register, it is because you are already registered but in a different workspace. If you are an existing Me-Learning user but need to be registered in the Open Access workspace, please email learninganddevelopment@bolton.gov.uk. For any problems with registration, please email learninganddevelopment@bolton.gov.uk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

or

3. Select Filter - Type: Event and then search and select the course you are looking for.

When you filter to events you will see a full list on all course events. Here, you will need to look for your course and then click view and enrol.

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

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 or phone on 01204 337600.

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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
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
Please follow this link for details of the sessions in 2027		

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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 working or volunteering in the Bolton area

Facilitators

Learning and Development Team

Dates	Times	Venue
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
1, 8, 15 October 2026	9:30—14:30
24 November, 1 and 8 December 2026	9:30—14:30
15, 22 and 29 January 2027	9:30—14:30
19, 26 January, 2 February 2027	9:30—14:30
8, 15, 22 March 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

Open to all people working and volunteering in the Bolton area 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
5, 12, 19, 26 November, 3, 10 December 2026, 7 January 2027 (the last session is optional)	9:30—12:30
5, 12, 26 February, 5, 12, 19, March, 16 April 2027 (the last session is optional)	9:30—12:30
23 April, 30 April, 7 May, 14 May, 21 May, 28 May, 11 June 2027, (the last session is optional)	9:30—12:30

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Making Every Contact Count (MECC)

How to Book on to Courses

Course overview

MECC for Mental Health is designed to help learners understand how everyday conversations can support positive mental health and wellbeing. The course explores how to recognise opportunities to engage people in supportive conversations, encouraging positive change through very brief interventions. It focuses on the importance of asking open questions, listening effectively and responding appropriately, including signposting people to relevant sources of support.

Objectives

- Understand the concepts of mental health and mental wellbeing.
- Explore the MECC approach and consider how it can be applied within your working environments.
- Explore approaches for having supportive conversations about mental health and wellbeing, including how to listen, respond and signpost appropriately using the MECC framework.
- Increase awareness of local and national sources of support and recognise opportunities to signpost people to appropriate services and resources.

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
3 March 2026	9:30- 13:00

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
30 November 2026	13:00—16:00
15 January 2027	13:30—16:30

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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

Dates	Times
16 October 2026	9:30—12:00
16 October 2026	13:30—16:00
26 February 2027	9:30—12:00
26 February 2027	13:30—16:00

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Menopause and mental health

How to Book on to Courses

Course overview

This course aims to increase understanding of how and why menopause can impact mental health, and to equip participants with practical knowledge and tools to support their own wellbeing and others during this transition.

Objectives:

- Explain how and why menopause can affect mental health, including mood, anxiety, sleep, and cognitive function. Recognising the interaction between physical symptoms (e.g. hot flushes, sleep disruption) and emotional wellbeing
- Apply practical strategies to support their own mental health during menopause (e.g. attitude, sleep, stress management, lifestyle approaches)
- Demonstrate ways to offer appropriate support, use supportive communication skills to have open, non-judgemental and asset-based conversations and signpost to relevant services

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
21 October 2026	13:30—16:30
9 February 2027	13:30—16:30

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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

Dates	Times
28 September 2026	9:30—17:00
6 November 2026	9:30—17:00
22 January 2027	9:30—17:00
1 March 2027	9:30—17:00

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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 or volunteering in the Bolton area **who have previously completed** the two-day **MHFA course**

Facilitators

Re-Align Futures

Venue

Castle Hill Centre, Castleton Street, Bolton, Bl2 2JW

Dates	Times
2 October 2026	9:30—12:45
5 February 2027	9:30—12:45

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Applied Suicide Intervention Skills Training (ASIST)

How to Book on to Courses

Course Overview

ASIST is a **two-day** face-to-face workshop featuring powerful audio-visuals, discussions, and simulations. You'll learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

Audience

Open to all people working and volunteering in the Bolton area

Facilitators

Re-Align Futures

Delivery

Claremont Church, Claremont House, Sint Geroge's Rd, Bolton, BL1 2 BY

Dates	Times
17, 18 November 2026	9:00—17:00
9, 10 March 2027	9:00—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

Dates	Times
5 October 2026	13:00 – 16:30
13 November 2026	9:30—13:00
4 February 2027	13:00 – 16:30
18 March 2027	13:00 – 16:30

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safeTALK suicide awareness training

How to Book on to Courses

Course Overview

This half-day training in suicide alertness 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

Dates	Times
9 November 2026	9:30—13:00
1 February 2027	13:00—16:30

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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
3 November 2026	13:30 – 16:30
2 March 2027	13:30 – 16:30

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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

Money Skills Team and Learning and Development Team

Venue

Castle Hill Centre, Castleton Street, Bolton, Bl2 2JW

Dates	Times
27 November 2026	9:30- 16:30
4 March 2027	9:30- 16:30

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Autism and Suicide Awareness Training

Access this course

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

Important Booking Information

Please see Information on how to book on to courses at the front of this brochure.

If the course is being delivered online via Microsoft Teams, you will be able to access the session link once you have enrolled. Upon enrolment, a 'Join Now' button will appear in you Me Learning courses with the name of the event. You will also receive a notification email of your enrolment and will be able to add the event to your calendar.

On the day of the course, you will need to log in to Me learning, select 'My courses' and click 'View' then 'Join Now' to access the training session. Please ensure you have Microsoft teams installed ready and join the training at least 5 mins before the start time.

Useful Links

Homepage – Learning and development

Me Learning

Email: Learninganddevelopment@bolton.gov.uk

Tel: 01204 337600

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