

ONLINE MENTAL HEALTH AND WELLBEING TRAINING

for the Construction Industry



CITB NI are here to help, support and guide you through these unprecedented times and we are working in partnership with Inspire Wellbeing to provide Mental Health and Support Webinars FREE of charge to registered employers.

Topic	Date	Time	Platform	Delivered by
<p>► Addiction Services: Alcohol, Other Drugs and How to Provide Support to Someone</p> <p>Techniques on spotting the early signs of drug or alcohol use/misuse, how to help minimize the impact and ways to seek help.</p>	<p>12th to 18th Oct 2020</p> <p>TO BOOK CLICK HERE</p>	<p>Accessible online at a time convenient to you</p>	<p>Pre-recorded link will be provided on booking</p>	<p>Catherine Mullin</p>
<p>► Bereavement and Loss Awareness</p> <p>Advice on how to communicate effectively and compassionately with bereaved people, factors affecting the grieving process</p>	<p>14th Oct 2020</p> <p>TO BOOK CLICK HERE</p>	<p>10am - 11.30am</p>	<p>Live Webinar via Zoom</p>	<p>John Foster</p>
	<p>18th Nov 2020</p> <p>TO BOOK CLICK HERE</p>	<p>11am - 12.30pm</p>	<p>Live Webinar via Zoom</p>	<p>John Foster</p>
	<p>9th Dec 2020</p> <p>TO BOOK CLICK HERE</p>	<p>10am - 11.30am</p>	<p>Live Webinar via Zoom</p>	<p>John Foster</p>
<p>► Stress and Anxiety</p> <p>Enhance your understanding of stress and anxiety, how to take practical action. Consider and identify their causes, signs and symptoms, methods on how we can look after our own health and wellbeing during COVID-19 and other time of unexpected trauma.</p>	<p>19th to 25th Oct 2020</p> <p>TO BOOK CLICK HERE</p>	<p>Accessible online at a time convenient to you</p>	<p>Pre-recorded link will be provided on booking</p>	<p>Stephen Wray</p>

TO BOOK:

Select the [CLICK HERE](#) box at your preferred course and register your booking details via Eventbrite.

CITB NI
17 Dundrod Road
Crumlin
Co Antrim BT29 4SR

Tel: 028 90825466
www.citbni.org.uk



****Places are limited, so don't delay book today****

