

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
► Addiction Services: Alcohol, Other Drugs and How to Provide Support to Someone Techniques on spotting the early signs of drug or alcohol use/misuse, how to help minimize the impact and ways to seek help.	12th to 18th Oct 2020 TO BOOK CLICK HERE	Accessible online at a time convenient to you	Pre-recorded link will be provided on booking	Catherine Mullin
► Bereavement and Loss Awareness Advice on how to communicate effectively and compassionately with bereaved people, factors affecting the grieving process	14th Oct 2020 TO BOOK CLICK HERE	10am - 11.30am	Live Webinar via Zoom	John Foster
	18th Nov 2020 TO BOOK CLICK HERE	11am - 12.30pm	Live Webinar via Zoom	John Foster
► Stress and Anxiety 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.	7th - 13th Dec 2020 TO BOOK CLICK HERE	Accessible online at a time convenient to you	Pre-recorded link will be provided on booking	Stephen Wray

TO BOOK:

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

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

