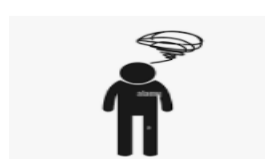


To self refer: 01253 955700 or bfwh.healthierminds@nhs.net

FREE Webinars live streamed directly to you via an online link



Webinar	Date	Time
Anxiety & Worry	Tuesday 17 th January	10.00 – 10.45am
Low Mood	Monday 30 th January	11:00 – 11.45am
Mindfulness & Wellbeing	Friday 10 th February	15.00 – 15.45pm
Sleep & Relaxation	Wednesday 22 nd February	16.00 – 16.45pm
Perinatal Webinar	Thursday 16 th March	10.00 – 10.45am
Resilience & Me	Tuesday 28 th March	13:00 – 13.45pm
Post-Covid Wellbeing	Wednesday 12 th April	15.00 – 15.45pm
Postmenopausal Webinar	Thursday 27 th April	16.00 – 16.45pm

If you are unable to attend a webinar at the time it is delivered live, a personalised link to access a recording can be emailed to you which will enable you to access the webinar at a time of your choosing. Personalised links will be valid for 72 hours

To book a place, call 01253 955700 or email
bfwh.healthierminds@nhs.net

Blackpool Healthier Minds do not offer 24-hour or weekend access, crisis or urgent treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness. Please discuss these needs with your GP.

Anxiety & Worry Webinar: Learn more about worry and anxiety, the causes and what keeps it going. This webinar will also cover evidence-based strategies for managing worry and letting worry go.

Low Mood Webinar: This webinar covers the symptoms and causes of depression, and what keeps depression going. Two cognitive behavioural based therapeutic interventions are covered in this webinar.

Mindfulness & Wellbeing: Mindfulness training can play an important role in maintaining wellbeing and managing stress. Join this webinar to find out more about mindfulness and develop some practical skills to enhance your mental wellbeing.

Sleep & Relaxation Webinar: Learn how to get a better night's sleep and how relaxation techniques can help you to manage stress. This webinar also covers three breathing exercises: controlled belly breathing, progressive muscle relaxation and mindfulness.

Perinatal Webinar: Mental wellbeing can often be impacted during the perinatal period. Learn about connection between thoughts, behaviours, and mood. Additionally, this webinar covers the importance of self-care and alternative coping strategies for staying well.

Resilience & Me Webinar: Learn more about resilience, how to develop and protect your resilience to deal with life's stresses. This webinar will cover useful strategies for building resilience and the importance of self-care.

Post Covid Wellbeing Webinar: Learn more about how covid-19 impacts mental health and how to boost your wellbeing post-covid. This webinar covers tools for taking care of your mental health, information on long covid and managing associated symptoms.

Postmenopausal webinar: Changes in hormones during menopause can impact mental health as well as physical health. Learn more about postmenopausal symptoms and useful coping strategies for boosting wellbeing during this time.