



## Health Promotion in Education Settings South Gloucestershire

### Free health: Related CPD Opportunities for South Gloucestershire Schools

#### **Mental Health**

##### **Bitesize courses**

E Learning bitesize courses available for anyone that lives or works in South Gloucestershire in the following topics:

- Mental Health Awareness
- Resilience and Self Care
- Trauma Awareness

(Approximate learning time 45-60 minutes each)

You will need to [register](#) to access this content.

To access these courses login through [the South Gloucestershire Learning Development Hub](#) and search the courses names above.

##### **Public Health Mental Health and Wellbeing training programme**

[See this leaflet for more information.](#)

You will need [to register](#) on the South Gloucestershire Local Authority Learning development site to book on these courses.

For the above queries to [mentalhealth@southglos.gov.uk](mailto:mentalhealth@southglos.gov.uk)

##### **The Association for Child and Adolescent Mental Health (ACAMH)**

You need to [register](#) to access the content.

Free online learning platform offering video and podcast content from more than 200 world-leading mental health experts. New content is added weekly and it includes an [Educators/ Teachers section.](#)

Note: Some content is free and some is costed.

## **BEAT Eating disorders**

You need to [register](#) to access this content.

[BEAT Eating disorders](#) has a range of training and support groups for professionals and families that are supporting someone with an eating disorder (no diagnosis needed).

## **Zero Suicide Alliance Training**

[Zero Suicide Alliance Training](#) offer short online suicide awareness and prevention courses.

## **Drugs and Alcohol**

Young People's Drug and Alcohol Service (YPDAS)- CPD for South Gloucestershire professionals- Offers the Following Bitesize sessions:

- Illegal drugs, alcohol and how to work with young people who use them.
- 'Brief intervention' covering drugs, alcohol, smoking, and sexual health.

Contact: [ypdas@southglos.gov.uk](mailto:ypdas@southglos.gov.uk)

## **Healthy Weight**

### **[Why Weight? Changing the Narrative Around Obesity E Module](#)**

This course introduces the factors influencing weight and health. It delves into the building blocks for health and how they impact individuals. This course explores common beliefs about living with obesity, offering insights from real-life experiences and expert opinions.

You will need to [register](#) on the South Gloucestershire Learning development Hub to access this content.

## **Sexual health**

**Yuno provides a range of free training for professionals. This includes topics to help teachers and PSHE leads deliver safe and effective Relationships and Sex Education.** For information of upcoming training / to book, please visit the Eventbrite booking link [Yuno Professional Training | Eventbrite](#) *Please note: the training is only available to those working in the Bristol, North Somerset and South Gloucestershire.*