



Free health: Related CPD Opportunities for South Gloucestershire Schools

Mental Health

Enable bitesize courses

E Learning bitesize courses available for anyone that 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 Enable: Log In - [Enable \(vc-external\)](#).

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

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](#).

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

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 & 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

Healthy Weight

Healthier together Bristol North Somerset South Gloucestershire partnership has created the following e module:

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

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.*