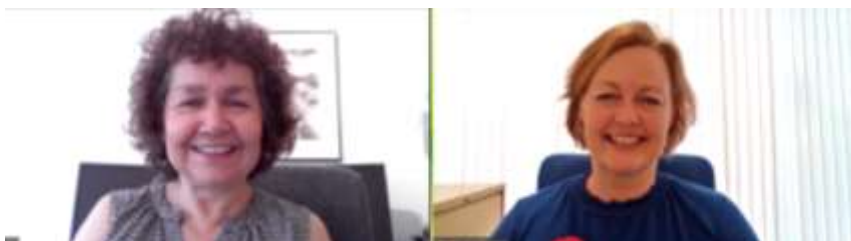


“We are still here and working to support you and our charity, ESRA!”

Judy and Donna, on Zoom, 2nd November 2020



As we prepare to go into full lockdown this Thursday, we thought we would let everyone know that we will continue with **‘business as usual’** at Minding Your Business (MYB) @ ESRA, and the organising of our Mental Health First Aid (MHFA) England and Bespoke MYB courses will continue as it has been.

We have built up a fantastic portfolio of **mental health courses** available online, which are all run by incredibly knowledgeable, experienced, personable and simply delightful mental health trained Instructors. We hope that you will join them, if you haven’t already!

Here is the latest list of courses organised by MYB with all profits funding our charity, ESRA Limited, which helps support people to get back into work (or remain at work) following mental ill health.

MYB – Coping With Adversity <i>Aimed at people managing staff remotely during these challenging times. A two-hour online course which discusses the impact on our mental health, understanding stress, depression, anxiety, spotting signs of mental ill health, how to have effective conversations, self-care, boundary management etc</i> £795 per course (8-16 delegates)	MYB – Recording – ‘You & Your Mental Health’ <i>A 60-minute recording useful for staff of all levels. Includes how we can invest in our mental health, what stress looks like, self-awareness & barriers to self-reflection, resilience, ‘Five Ways of Well-Being’, how to improve your mental health & well-being and more.</i> £500 per recording (share with the company) https://vimeo.com/mindingyourbusiness/yourmentalhealthpromo
MHFA First Aider <i>Online in 4 live sessions of 2.5-3.5 hours per session plus self-learning, become a Mental Health First Aider. Licenced Instructors give the delegates the knowledge of many mental health illnesses, how to spot them, and how to support & sign-post colleagues.</i> Under £295 per person (8-16 delegates)	MHFA Aware <i>Gain an understanding of some of the common mental health issues & learn to challenge the stigma. In 4-5 hours, this online course gives delegates an introduction on how to look after your own mental health & well-being, and the confidence to support someone in distress.</i> Under £120 per person (8-16 delegates)
MHFA Refresher <i>If already a Mental Health First Aider or Champion, this half day course is designed to update your knowledge and reassert the confidence to support yourself and others. Pick up new hints and tips! Available online.</i> Under £120 per person (8-16 delegates)	MYB – Resilience Training <i>Short course of 90 minutes ideal for all staff, explore the building blocks for personal resilience, how to improve your relationship with stress, making adjustments in your daily routine to build resilience, self-care & much more!</i> £600 per course (up to 16)

ALSO, Suicide Awareness & Prevention, Improve Your Sleep, Embracing Diversity & Bespoke Requests

CONTACT US: judycorney@mindingyourbusiness.org.uk

donna@esrasurrey.co.uk

ESRA charity number: 281004

PHONE: 01737 772126 (leave a message)

Company number: 1512263