LUMINATE
8 Devonshire Square, London, EC2M 3PL
+44 (0)203 637 7417
www.weareluminate.co

Guidelines for attending Mental Health Awareness Training

Thank you for choosing to attend a Mental Health Awareness course with Luminate. We're confident that you've taken a positive step to support the mental health and wellbeing of yourself and your colleagues. Please read the following guidelines so you know what to expect from the training and the adjustments we've made to deliver this training virtually.

1. Within the training, we will be covering material around mental illness. If you are experiencing moderate to severe mental illness or have someone close to you experiencing mental illness, you may find some of the material upsetting and/or triggering. You may feel it is not the right time to attend this type of training. Please take time to think about this decision.

2. For virtual sessions, during the training, we ask that you keep your video turned on. We would usually deliver this training in a face-to-face setting and this is the closest we can get to replicating that. It also gives the facilitator the ability to spot if anyone is in distress. If you can't have your video on for any reason, please inform the facilitator of this at the start of the session.

3. You will be sent a digital handbook to refer to during the training. This is yours to keep and refer back to, should you need it.

4. Our Mental Health Awareness courses do not teach you to be a counsellor, or to provide ongoing support or diagnosis, so there are limitations to the support you will be able to offer your colleagues. Instead, the course prepares you to look out for the signs of poor mental health in someone, offer appropriate workplace support and signpost them to professional help. You are not expected to help individuals resolve any mental health illnesses they may be experiencing.

5. We do not recommend that you give out personal details or make yourself available outside of working hours to colleagues who may need support. It is equally as important to look after your own wellbeing as well as that of your colleagues.

6. If you have any accessibility needs, please contact us in advance of the course commencement.

Thank you again in joining us in this training session. If you have any questions about whether the training will be suitable for you, please drop us a line on: hello@weareluminate.co