Learn2b online

Learn2b courses are free of charge to anyone who lives with (or has experienced) a mental health disorder. Diagnosis is not essential. Tutors, who are selected because of their own experiences of mental health illness will support you through this live Zoom course to enable you to learn in a safe, welcoming environment.

All participants are expected to join with audio and camera switched on to protect the wellbeing, safety, security and confidentiality of our learners and staff.

Course Description

Sometimes we can be faced with a number of factors that can start to overwhelm us if left unmanaged. In this short course, learn about vulnerability, the stress container model and strategies that can be used to help reduce stress. You will be asked to attend a virtual induction session which will also support the use of Zoom.

Course Outcomes

a) Identify the different factors that may cause feelings of stress
b) Learn about the stress container model and how to manage overload/underload
c) Describe personal triggers and reactions to support the development of an action plan

What do I need to bring?

A pen and notebook may be useful if you would like to make notes. Remember to bring reading glasses to the session if you need them. The session is very interactive so please bring some headphones if you have them, to maintain confidentiality, if you have other people in your home during the restrictions.

Taking the first steps and staying safe

We understand that trying new things can be daunting. You can trust your tutor to make you feel really welcome, but we can also provide further support if this is your first time using Zoom. One of the Learn2b team can arrange to do a 1:1 practice session prior to the course to help. We want you to relax and gain as much as possible from our virtual live courses. Information about Health and Safety will be given on the induction session. Information on online safety can be found at Internet Safety for Adults and Take Five a national awareness campaign at https://safety.lovetoknow.com/Internet_Safety_Adult and https://takefive-stopfraud.org.uk/. To report suspected scams, or get help and advice about preventing scams call the Citizens Advice consumer helpline on 03454 04 05 06.

Further Support or Next Steps

You will find out about further learning opportunities/careers advice and guidance as appropriate throughout this course. If you feel you need our support to attend this course please contact the Learn2b team by email at Learn2b@northamptonshire.gov.uk or by phone on 01604 368 023. The telephone number is currently operating an answer-phone which is checked daily and the team will call you back.

Northamptonshire Adult Learning Service work in partnership with National Careers Service advisers who can provide information, advice and guidance on skills, learning and work. National Careers Service can be contacted by telephone 0800 100 900 or text your name and the word ADVICE to 07766 413219 and an adviser will call you back for free or go to https://nationalcareersservice.direct.gov.uk/