



## ***Last remaining dates for REACTMH training!***

REACTMH® enables Managers/Supervisors to identify and engage in meaningful wellbeing conversations, using “active listening” techniques, to identify and support colleagues struggling with pressures that are impacting their daily mental health.

*‘I feel better equipped to spot the signs of someone who may need support’*

*‘It provided me with the confidence to approach individuals about difficult topics and have difficult conversations that can sometimes be avoided’*

*‘A really useful tool to have, will definitely help future conversations and insights’*

*‘It was well pitched and just the right amount of time to fit into a busy work schedule’*

As we come to the end of 12 months of training, we still have availability on some of our May dates

please email [somccg.icsworkforceteam@nhs.net](mailto:somccg.icsworkforceteam@nhs.net) to book your place!

<b>May – June 2022</b>	
<b>Date</b>	<b>Time</b>
24-May-22	09:00
24-May-22	11:00
25-May-22	13:30
25-May-22	15:30
27-May-22	11:00
27-May-22	13:30
30-May-22	13:30
30-May-22	15:30
31-May-22	09:00
31-May-22	11:00
06-June-22	11:00
06-June-22	13:30
07-June-22	13:30
07-June-22	15:30