



Leicester, Leicestershire
and Rutland
Talking Therapies



vita
health group
Part of Spire Healthcare

2025

Leicester, Leicestershire and Rutland Talking Therapies

**Training packages for our health and
voluntary care professionals**



Making People Better

Monthly Webinar Series

Join Leicester, Leicestershire & Rutland NHS Talking Therapies for our 1- hour webinars for professionals in the health, social or voluntary care sectors across LLR.

During these webinars we look at a wide range of subjects linked to mental health and wellbeing, provide you with knowledge and skills to manage common mental health difficulties

**FREE
WEBINARS
2025**

FREE monthly webinar series for Health and voluntary care professionals

Date	Subject
Jan 8th	January Blue's
Feb 12th	Time to Talk Day
Mar 12th	Mental Fitness for World Happiness Day
Apr 9th	Supporting Long Term Conditions for World Health Day
May 14 th	Mental Health Awareness Week
Jun 11 th	Trauma Awareness for National PTSD Awareness Day
Jul 2 nd	Connection and Loneliness for International Friendship Day
Aug 6 th	Managing Stress
Sep 10 th	Suicide Awareness
Oct 8 th	World Mental Health Day
Nov 5 th	Nutrition, physical exercise and mental health
Dec 3 rd	Money Worries

Book Now!

<https://www.eventbrite.com/o/vita-health-group-89308674013>

**Online
12-1pm**



Month	Session	Content
Jan	January Blues	<ul style="list-style-type: none"> • What are January Blues • How to lift our mood and motivation • Looking after ourselves during the winter months <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
Feb	Time to Talk	<ul style="list-style-type: none"> • What is time to talk day • How to recognise if someone may need to talk • How to open up a conversation • Active listening and supporting someone to reach out for support <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
March	Mental Fitness for World Happiness Day	<ul style="list-style-type: none"> • What it means to have good mental fitness • How to train our mental fitness • Relaxation <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
April	Supporting Long Term Conditions for World Health Day	<ul style="list-style-type: none"> • The impact of long term conditions on our mental health • The specific pathways of support available in Leicester, Leicestershire and Rutland NHS Talking Therapies • Relaxation <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
May	Mental Health Awareness Week	<ul style="list-style-type: none"> • What is mental health • How to open up a conversation with someone who may be struggling with their mental health • Where to reach out for additional support <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
June	Trauma for National PTSD Awareness Day	<ul style="list-style-type: none"> • What is post-traumatic stress disorder • When further support might be helpful • How and where to reach out for additional support <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>

Month	Session	Content
Jul	Embracing Connection and Overcoming Loneliness for International Friendship Day	<ul style="list-style-type: none"> • The impact of loneliness and the importance of connection • Tips to help to build connections • Where to turn to for support <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful</p>
Aug	Managing Stress	<ul style="list-style-type: none"> • Understanding stress in ourselves and in others • Tips to help manage stress <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
Sep	Suicide Awareness	<ul style="list-style-type: none"> • Suicide awareness • Breaking the stigma around talking about suicide • Services that can offer support <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
Oct	World Mental Health Day	<ul style="list-style-type: none"> • What is World Mental Health Day • Discussion in line with the theme for 2025 <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
Nov	Nutrition, Physical Exercise and Mental Health	<ul style="list-style-type: none"> • How does nutrition impact on our mental health • Tips to improve our diet, nutrition and physical activity <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>
Dec	Money Worries & Mental Health	<ul style="list-style-type: none"> • The impact of financial worries • Tools to manage our worry • Organisations that can offer specific financial support <p>We'll touch upon some tools to help to look after the wellbeing of ourselves/others and how to reach out for further support from our service and other services should it be helpful.</p>

CPD UK Accredited Mental Health Advocacy Training

Leicester, Leicestershire & Rutland NHS Talking Therapies are running FREE 2-day CPD UK accredited Mental Health Advocacy training for professionals in the health, social or voluntary care sectors across LLR.

During the 2 Days we will explore:

- Common mental health conditions
- The skills needed to help someone who might be struggling with their mental health.
- Understand the importance of mental health at work
- Build the confidence and practical skills to step in and support a person in distress.
- Look at self-harm and suicide and understand where you can signpost to for additional support.
- Look at the importance of a pro-active workplace culture, learn to identify and attend to issues at work that might contribute to poor mental health.
- A key element of this training is to ensure a good understanding of our boundaries and limitations.

Mental Health Awareness 2025



Leicester, Leicestershire and Rutland Talking Therapies



Date	Day	Location	Time
Jan 23 rd	Thursday	Online	9am-12pm
Feb 25 th	Tuesday	Online	12-3pm
Mar 20 th	Thursday	Online	9-12pm
Apr 21 st	Monday	Online	12-3pm
May 15 th	Thursday	Online	9-12pm
Jun 18 th	Wednesday	Online	9-12pm
Jul 3 rd	Thursday	Online	12-3pm
Aug 28 th	Thursday	Online	9-12pm
Sep 16 th	Tuesday	Online	12-3pm
Oct 29 th	Wednesday	Online	9-12pm
Nov 20 th	Thursday	Online	12-3pm
Dec 9 th	Tuesday	Online	9-12pm



Book Now!

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Free Training

Mental Health Awareness 2025

During this 3-hour session we explore the following:

- An understanding of what mental health is
- A good understanding of stress and common mental health conditions
- Becoming familiar with suicide and be confident at managing a crisis situation
- Be able to recognise the signs and symptoms
- Have the skills and confidence to step in, support and signpost
- build skills around active listening and empathy
- Understand the boundaries of supporting someone with their mental health and how to look after your own wellbeing

Mental Health
Advocacy 2025



Leicester, Leicestershire
and Rutland
Talking Therapies



Date	Day	Location	Time
March			
26th & 27th	Wednesday Thursday	Online Online	9am-4pm 9am-4pm
July			
24th & 25th	Thursday Friday	Online Online	9am-4pm 9am-4pm
September			
24th & 25th	Wednesday Thursday	Online Online	9am-4pm 9am-4pm



Free
2 Day Online
Training

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Taster Sessions

Leicester, Leicestershire & Rutland NHS Talking Therapies are running FREE Taster Sessions for all individuals living across LLR. During this 1-hour taster session you will find out about our service pathways, receive a taster of some of the content of the courses and learn how to self-refer.

Menopause

‘Join Leicester, Leicestershire and Rutland NHS Talking Therapies for our Embrace your Menopause Taster Session. During the session we will introduce our Embrace your Menopause Webinar which is a psychoeducational programme focusing on tools and techniques to manage the emotional impacts of the menopause. You will find out about what is covered in the 6 week programme, receive a taster of some of the content of the course and learn how to self-refer.’

Mental Health Toolkit

‘Join Leicester, Leicestershire and Rutland NHS Talking Therapies for our Mental Health Toolkit Taster Session. During the session we will introduce our Mental Health Toolkit course which is a psychoeducational programme focusing on tools and techniques to manage Stress, build confidence and manage low mood and anxiety. You will find out about what is covered in the 8-week programme, receive a taster of some of the content of the course and learn how to self-refer.’

Long Term Conditions

‘Join Leicester, Leicestershire and Rutland NHS Talking Therapies for our Long Term Condition Taster Session. During the session we will introduce our Long Term Condition pathways and webinars. Which are psychoeducational programmes focusing on tools and techniques to manage the emotional impacts of your Long-Term Health Condition. You will find out about what is covered in the 8 week programmes, receive a taster of some of the content of the courses and learn how to self-refer.’

**FREE
Tasters Sessions
2025**

FREE monthly Taster Sessions of the interventions and support available

Date	Taster Session	Time
January 17 th	<ul style="list-style-type: none"> Living well with an LTC Embrace Your Menopause Toolkit for Mental Fitness 	12-1pm 1-2pm 2-3pm
February 4 th	<ul style="list-style-type: none"> Living well with an LTC Embrace Your Menopause Toolkit for Mental Fitness 	10-11am 11am-12pm 12-1pm
Mar 13 th	<ul style="list-style-type: none"> Living well with an LTC Embrace Your Menopause Toolkit for Mental Fitness 	12-1pm 1-2pm 2-3pm
Apr 7 th	<ul style="list-style-type: none"> Living well with an LTC Embrace Your Menopause Toolkit for Mental Fitness 	11-12pm 12-1pm 1-2pm
May 14 th	<ul style="list-style-type: none"> Living well with an LTC Embrace Your Menopause Toolkit for Mental Fitness 	9-10am 10-11am 1-2pm
Jun 11 th	<ul style="list-style-type: none"> Living well with an LTC Embrace Your Menopause Toolkit for Mental Fitness 	10-11am 11-12pm 1-2pm



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**FREE
Tasters Sessions
2025**

FREE monthly Taster Sessions of the interventions and support available

Date	Taster Session	Time
July	<ul style="list-style-type: none"> • Living well with an LTC • Embrace the Menopause • Toolkit for Mental Fitness 	9-10am 10-11am 11-12pm
August	<ul style="list-style-type: none"> • Living well with an LTC • Embrace the Menopause • Toolkit for Mental Fitness 	12-1pm 1-2pm 2-3pm
September	<ul style="list-style-type: none"> • Living well with an LTC • Embrace the Menopause • Toolkit for Mental Fitness 	12-1pm 1-2pm 2-3pm
October	<ul style="list-style-type: none"> • Living well with an LTC • Embrace the Menopause • Toolkit for Mental Fitness 	10-11am 11-12am 12-1pm
November	<ul style="list-style-type: none"> • Living well with an LTC • Embrace the Menopause • Toolkit for Mental Fitness 	10-11am 11-12pm 12-1pm
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Contact us



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