



Leicester, Leicestershire
and Rutland
Talking Therapies



vita
health group
Part of Spire Healthcare

2026

Leicester, Leicestershire and Rutland Talking Therapies

FREE Training Packages for our Health, Social and Voluntary Care Professionals



Making People Better

Overview

Here at Leicester, Leicestershire and Rutland NHS Talking Therapies we offer a range of FREE Mental Health training for health, social and voluntary care professionals.

In this prospectus you will find what we have available to book for 2026. If you have bespoke request or would like a private session for your organisation, please don't hesitate to get in touch!

We're here to support you to support our community and together, improve Mental Health outcomes for everyone across LLR.

Contents

<u>Monthly Webinar Series</u>	4
<u>Winter Wellbeing Series</u>	8
<u>Mental Health Awareness</u>	10
<u>Mental Health Advocacy</u>	12
<u>Additional Workshops/Webinars</u>	13

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. We will provide you with knowledge and skills to manage common mental health difficulties and the confidence to know where to turn to for support

**FREE
WEBINARS
2026**

FREE Monthly Webinar Series for Health, Social and Voluntary Care Professionals in LLR

Date	Subject
January 7th	<u>January Blue's</u>
February 4th	<u>Time to Talk Day</u>
March 4th	<u>Supporting Students with their Mental Health for University Mental Health Day</u>
April 1 st	<u>Stress Awareness for Stress Awareness Month</u>
May 6 th	<u>Mental Health Awareness Week</u>
June 3 rd	<u>Mental Fitness</u>
July 1 st	<u>Supporting Long Term Conditions</u>
August 5 th	<u>Nutrition, physical exercise and mental health</u>
September 2 nd	<u>Suicide Awareness</u>
October 7 th	<u>World Mental Health Day</u>
November 4 th	<u>Increasing Motivation</u>
December 2 nd	<u>Money Worries & Mental Health</u>

[Click to
book](#)

**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
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
March	Support Students with their Mental Health for University Mental Health Day	<ul style="list-style-type: none"> • Adjustments to becoming a student • Understanding stress and exam stress • Tools to manage stress • Relaxation
April	Stress Awareness for Stress Awareness Month	<ul style="list-style-type: none"> • Understanding stress in ourselves and in others • Tips to help manage stress
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
June	Mental Fitness	<ul style="list-style-type: none"> • What it means to have good mental fitness • How to train our mental fitness • Relaxation

In each session 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

Month	Session	Content
Jul	Supporting Long Term Conditions	<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
Aug	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
Sep	Suicide Awareness	<ul style="list-style-type: none"> • Suicide awareness • Breaking the stigma around talking about suicide • Services that can offer support
Oct	World Mental Health Day	<ul style="list-style-type: none"> • What is World Mental Health Day • Discussion in line with the theme for 2026
Nov	Increasing motivation	<ul style="list-style-type: none"> • Why we may be struggling with our motivation • Tips to increase motivation • Relaxation
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

Winter Wellbeing 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 the impact of winter on our mental health. We will provide you with knowledge and skills to manage common mental health difficulties and the confidence to know where to turn to for support.

Winter Wellbeing Series

Date	Subject
October 22 nd	<u>Winter Worries</u>
November 19 th	<u>Mental Fitness in Winter</u>
December 10 th	<u>Keeping Motivated in Winter</u>

[Click to book](#)

Online
12-1pm

Mental Health Awareness 2026

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 Awareness 2026

Date	Day	Location	Time
<u>January 20th</u>	Tuesday	Online	9am-12pm
<u>April 8th</u>	Wednesday	Online	12pm-3pm
<u>July 7th</u>	Tuesday	Online	9am-12pm
<u>October 14th</u>	Wednesday	Online	12pm-3pm

Further dates and organisation specific sessions available upon request

Contact us on LLR.mentalhealthtrainers@vhg.co.uk

[Click to book](#)

Free Training

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.

Book Now!
Contact us on
LLR.mentalhealthtrainers@vhg.co.uk

Additional FREE 30-minute Sessions for Health, Social and Voluntary Care Professionals in LLR

We offer a range of workshops and webinars that are available to book directly for your team or organisation.

If you would like to discuss alternative sessions, please don't hesitate to get in touch.

**FREE
WEBINARS
2026**

Subject
Understanding Low Mood
Understanding Stress and Anxiety
Mental Health Awareness
Embracing Self Care
Embracing Relaxation

**Available on
request**

Contact us on
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