**Getting the most from you appointments 3rd November 2-4pm @ Belfast Recovery College**

This course will enable service users, carers and practitioners to effectively prepare for and manage appointments, both face to face and virtual, including the before, during and after stages of an appointment process and to gain the knowledge of what may contribute or hinder effective appointments.  The webinar will also explore such areas anxiety, confidence and assertiveness and how these can impact the success of appointments.

**Living with Personality Disorder 9th November 10am – 1pm Online via Microsoft Teams**

Personality disorders are still a poorly understood set of mental health conditions, and you may be left wondering what the term means. This workshop explores what is meant by the term ‘personality disorder’; we look at the various types of conditions and their symptoms, in particular ‘borderline’ or ‘emotionally unstable’ personality disorder.

We will also discuss myths and stigma about the conditions, examine what shapes our personalities, look at basic strategies to support people who live with personality disorder, and touches on the type of treatment for personality disorder currently offered by the Belfast Trust.

**Mood and Movement 10th November 1-2:30pm Online via Microsoft Teams**

Studies on mood and music reports suggest that music and wellbeing programmes can be designed to achieve goals such as managing stress, enhancing memory, and alleviating pain. Music helps us engage with our emotions, it helps with our memories, reunites, and creates neural connections in our brains. Music has the power to draw our attention away from adversities which in turn gives us hope.

**Living with Psychosis 11th November 11am – 12:30pm @ Belfast Recovery College**

This course will explore what psychosis is.  It will discuss the symptoms and causes of psychosis as well as the range of treatment options available for this mental health condition.  Psychosis will be discussed from both a lived experience and an educational perspective. The aim of the session is to gain or revise knowledge and understanding of psychosis, so that participants will reflect and engage positively in an individual’s recovery journey.

**Living with Bi Polar 16th November 2-3:30pm Online via Microsoft Teams**

Bipolar Affective Disorder is not just about experiencing the ups and downs of everyday life. It’s about experiencing extreme highs and lows that seems to take on a life of their own, independent of events around you. This two part webinar will discuss the experience of living with Bi-Polar for students; its causes, triggers, treatment options and ways of preventing relapse. The aim is to help students to deal with the impact of this disorder on one’s daily life. We shall try to address some of the questions you may have regarding this disorder.

**Personal Independence Payments (PIPS) 17th November 2 – 4pm @ Belfast Recovery College**

Do you think that you might have an entitlement to Personal Independence Payment?  The payment for those who live with disabilities.  There have been many changes to benefits in recent years. This interactive up-to-date workshop will explain the criteria of entitlement to this benefit, the process for claiming and the appeals process if you are turned down. It will also outline the support that is available from advice services.

**Compassion Fatigue 21st November 10am – 11:30am @ Belfast Recovery College**

Compassion fatigue is an emotional and physical burden created by the trauma of helping others in distress, which leads to a reduced capacity for empathy towards suffering in the future.  This is especially common in front line workers, however, we are all vulnerable.  This webinar looks at the symptoms and stages in Compassion Fatigue, and highlights self-management strategies that can be employed to maintain wellness.

**Stress Management 22nd November 2-3:30pm Online via Microsoft Teams**

Stress affects us all.  We are all individuals and stress affects us all in different ways.  The right amount of stress can be a motivating factor for change or to keep us stimulated.  But too much stress can be debilitating and adversely affect our mental and physical health and wellbeing.  This course will explore what stress is and its causes and how it can affect us.  Students will examine ways of overcoming stress should it become too much and identify different coping strategies for managing such stress.

**When to disclose your mental health 23rd November 2-3:30pm @ Belfast Recovery College**

Deciding whether to tell your employer about your mental health can be difficult.  This useful practical course is a guide to advocating for yourself in the workplace.  It makes you aware of your rights and responsibilities, weigh up the pros and cons and help you decide the right course of action for you.

**Money Management 23rd November 10am – 12pm @ Belfast Recovery College**

Managing your money can be challenging, and is often a source of worry for many people. This short course will explore strategies that we can all employ on a daily basis to help us manage our money more effectively. The course will look at the benefits of budget planning, and show participants how to compile a budget. The course will be interactive, and will aim to empower and enable participants adopt strategies and new habits that will hopefully improve their ability to manage money.

**Carers rights and support 28th November 2-3pm @ Belfast Recovery College**

Come join the Belfast Trust Carer Support Service and find out more about what your key rights are as a carer.  At the session you will learn the key benefits of having a carer’s assessment and what it will cover.  You will also be given information about what support services you can access including our monthly activity programme.

**Understanding Gratitude 30th November 2-3:30pm Online via Microsoft Teams**

Gratitude can be a powerful thought or feeling.   In this course you will get a greater understanding of gratitude and learn practical tips you can use on a daily basis to bring about an attitude of gratitude in your life.  In this practical course we will share how gratitude can have a positive effect on your mental health, happiness and wellbeing.

**Living with Self Harm 30th November 10am – 1pm Online via Microsoft Teams**

This course aims to raise awareness and increase better understanding of self-harm. This training This course aims to raise awareness and increase better understanding of self-harm. This training will specifically consider myths and misconceptions around self-harm, explore the idea of self-harm as a communication of thoughts and feelings and what can be helpful to those who self-harm. The course will also look at the motivation for changing self-harming behaviours including developing alternative coping strategies.