

YEW Your Emotional Wellbeing

YEW is a two-day course that aims to raise self-awareness and awareness of others, and to provide tips and ideas to help you improve your mental and emotional wellbeing. What is included on the course? As well as providing an overall introduction to the subject of mental health and wellbeing, including basic facts and figures, and common diagnoses, the two-day course will also:

- Suggest ways that you can help yourself, and find techniques that will help you cope with everyday life
- Help you find ways to support other people who have mental health problems
- Suggest where you can go for support with mental and emotional health issues
- Explain the relationship between food, exercise and mood

How will the course be taught?

The course is taught by a combination of lectures, group and individual exercises and quizzes & activities.

Is this the right course for me?

Yew is aimed at anyone over the age of 16 (whether a brother, sister, father, mother, son, daughter, employer, employee, colleague, aunt, uncle, friend or neighbour - anyone!) Mental and emotional health is part of everyday life and affects us all just as physical health does. Just as we can take steps to make sure our bodies stay fit and healthy, we can also take steps to look after our mental and emotional wellbeing. Your ability to understand yourself is important when it comes to looking after your emotional wellbeing. This course aims to equip everyone who takes part with the knowledge and understanding to help deal with some of what life has to throw at them. If life has things to throw at you, this course could help you to cope.

How much does it cost?

The two-day courses are completely free of charge. All you need to do is call the Health Improvement and Development Service on 023 9284 1560 to find out when the next available course will be running and book your place.

YEW

Grow, flourish & cope





Mental and emotional health issues are part of our everyday lives and can affect us as much as problems with our physical health.

Did you know that one in four people has a mental health issue at some time in their life?

Did you know that one in ten children, under the age of 15, has a mental health issue?

Did you know that for every six visits to the GP, one will be about a mental or emotional health issue? Did you know that stress is now cited as one of the biggest causes of sickness absence from work?

Health Improvement & Development Service
Portsmouth City Council
Civic Offices
Guildhall Square
Portsmouth PO1 2AZ
Phone: (023) 9284 1560
Email: enquiries@hids.org.uk
Website: www.hids.org.uk

Your emotional wellbeing

Free two-day course

www.portsmouth.gov.uk

www.portsmouth.gov.uk

You can get all Portsmouth City Council information in large print, Braille, tape or translated by calling 023 9284 1560

For translated information, please call:

- the Bengali answerphone service on 023 9284 1651
- the Cantonese answerphone service on 023 9284 1652

আপনি পোর্টসমাউথ সিটি কাউন্সিলের সকল তথ্যের অনুবাদ, বড় অক্ষরে অথবা কেসেটে পেতে পারেন।
দয়াকরে বিস্তারিত জানার জন্য এই নাম্বারে যোগাযোগ করুন 023 9284 1651

樸茨茅斯市政府的一切資料，
均備有翻譯本、大字書刊或
映音帶，如有需要，請致電
023 9284 1652



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