



## RESILIENT COMMUNITIES 2021

# MENTAL HEALTH AND WELL-BEING FOR VOLUNTEER RESPONDERS

29<sup>th</sup> September, 9.30-11am

Volunteers have been involved throughout every aspect of the response to the pandemic, as well as many other serious disruptive situations, and may have been (or may be) exposed to distressing and traumatic incidents, which can be both emotionally and physically challenging.

This workshop, for voluntary and community sector organisations who have been involved in emergency response situations, will:

- *Explore what protects you in your work or volunteering role*
- *Demonstrate how you can stay well, cope with stress and boost your resilience.*
- *Explain where you can access advice should you or your family need more help.*

You are asked to complete the 30-40 minute online [Staying Well Road Trip](#) module before attending this workshop

**[BOOK YOUR PLACE TODAY](#)**

# HEALTH AND WELL-BEING FOR VOLUNTEER RESPONDERS

The [Lifelines Scotland](#) project exists to boost the resilience of the volunteer responder community and to support them in staying well, supporting each other and seeking help when needed. SG's Resilient Communities Team is pleased to host Lifelines Scotland colleagues in delivering an informative and interactive workshop, which will:

- Explore what protects you in your work or volunteering role
- Demonstrate how you can stay well, cope with stress and boost your resilience.
- Explain where you can access advice should you or your family need more help.

This workshop is for voluntary and community sector organisations who have been involved in emergency response situations and where volunteers or employees may benefit from understanding the support on health and well-being which is available to them.

## RESILIENT COMMUNITIES 2021 ONLINE WORKSHOP SERIES

This online workshop is part of the Resilient Communities 2021 conference series.

As Covid-19 continues to put pressure on hosting live events, the team are hosting a series of online events for 2021 which provide an opportunity for a diverse cross section of individuals, groups and organisations to come together and share their lessons and discuss good practice from their experience of the pandemic, as well as learning about a few key topics relevant to their **community resilience** roles.

Find out more on the [Eventbrite page](#)

