

At a glance guide on the documents required for each Module:

Modules (when delivering..)	To be sent out with Joining Instructions (JI's) if <u>session is online.</u> <i>*Delegates will need to print off/or have them visible for use during the session</i>	For use during the session <i>*Facilitator's will need to print off prior to session if session is in-person.</i>	To be sent out as email attachments after the session
1 - 2	Peer Support Examples	Peer Support Examples	Staying Well
	Your Protective Armour	Your Protective Armour	5 Ways to Wellbeing
	Biological Reactions	Biological Reactions	
	Supporting Your Team	Supporting Your Team	
1 - 5	Peer Support Examples	Peer Support Examples	Staying Well
	Scenarios for small group exercises	Scenarios for small group exercises	Supporting Someone at Risk of Suicide
	Your Protective Armour	Your Protective Armour	Supporting Your Colleague
	Biological Reactions	Biological Reactions	5 Ways to Wellbeing
	Supporting Your Team	Supporting Your Team	Personal Plan (optional)
			Anxiety – what helps
			Depression – what helps
			Managing Stress
			Post Trauma Support
			Coping after a potentially traumatic experience
6 & 7	Scenarios for small group exercises	Scenarios for small group exercises	5 Ways to Wellbeing
	Post trauma Support: Providing Psychological Support.	Post trauma Support: Providing Psychological Support.	Coping after a potentially traumatic experience
	When Your Protective Armour may be breached	When Your Protective Armour may be breached	
	Common/Normal Reactions	Common/Normal Reactions	