

learn with unite
the UNION



Here to help you look after your
physical and mental wellbeing

Explore our wellbeing courses at learnwithunite.org.

We have a range of courses to suit your needs from 60 second boosts to 16 week full level 2 qualifications. You can dip in and out of your studies and even study on your mobile with our Litmos short course collection.

We have listed our mental and physical wellbeing courses here for you to explore. Every Litmos and Wranx course listed is free to our members. Our Skills Network programmes are available in England and Scotland with Wales and Ireland having their own offers available via their members matter pages!

Health and Wellbeing – Avoid Burning Out	Litmos Heroes	60 seconds
Health and Wellbeing – Importance of Sleep	Litmos Heroes	60 seconds
Health and Wellbeing – Positive Thinking	Litmos Heroes	60 seconds
Health and Wellbeing – Relaxation Techniques	Litmos Heroes	60 seconds
Life Hacks – Work and Life Balance	Litmos Heroes	60 seconds
Personal Development – Habits	Litmos Heroes	60 seconds
CBT and Mental Health – Introduction to Cognitive Behavioural Therapy	Litmos Heroes	2 Minutes
CBT and Mental Health – Anxiety and Panic Attacks	Litmos Heroes	2 Minutes
CBT and Mental Health – Borderline Personality Disorder	Litmos Heroes	2 Minutes
CBT and Mental Health – Bipolar Disorder	Litmos Heroes	2 Minutes
Be Active	Litmos Heroes	5 Minutes
Developing Resilience	Litmos Heroes	5 Minutes
Healthy Eating at Work	Litmos Heroes	5 Minutes
Kick the Habit	Litmos Heroes	5 Minutes
The Dangers of Sitting	Litmos Heroes	5 Minutes
Dealing with Stressful People	Litmos Heroes	5 Minutes
Reducing Stress – Meditation and Visualization	Litmos Heroes	5 Minutes
Reducing Stress – Techniques to Relax	Litmos Heroes	5 Minutes
Reducing Stress Through Time Management	Litmos Heroes	5 Minutes
Five Ways to Wellbeing	Litmos Heroes	10 Minutes
De-stressing your Inner and Outer World	Litmos Heroes	10 Minutes
Protecting Yourself – Stinging Insects	Litmos Heroes	10 Minutes
Protecting Yourself from Ticks and Mosquitoes	Litmos Heroes	10 Minutes
Protecting Yourself Poisonous Plants	Litmos Heroes	10 Minutes
Stress Management – Taking Care of Yourself	Litmos Heroes	10 Minutes
Understanding Emotion	Litmos Heroes	10 Minutes
Health and Wellbeing in the Workplace	Litmos Heroes	15 Minutes
Managing Employee Stress	Litmos Heroes	15 Minutes
Stress at Work	Litmos Heroes	15 Minutes
What Can be Done About Job Stress	Litmos Heroes	15 Minutes
Managing Stress	Litmos Heroes	20 Minutes
Mental Health at Work	Litmos Heroes	20 Minutes
What is Stress?	Litmos Heroes	20 Minutes

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Dangers of Sleep Deprivation	Litmos Heroes	30 Minutes
Mental Health Awareness	Litmos Heroes	30 Minutes
Level 1 Award in Mental Health Awareness	The Skills Network	2 Weeks
Level 1 Award in Awareness of Substance Misuse	The Skills Network	2 Weeks
Raising Awareness: Menopause in the Workplace	WRANX	1 Month
Raising Awareness: Mental Health	WRANX	1 Month
Raising Awareness: Mental Health (for Healthcare Professionals)	WRANX	1 Month
An Introduction to Substance Misuse	WRANX	1 Month
An Introduction to Substance Misuse (for Healthcare Professionals)	WRANX	1 Month
Youth Mental Health: Helping Young People with Anxiety	FutureLearn	9 hours
Young People and their mental health	FutureLearn	10 hours
Workplace Wellbeing: Stress and Productivity at Work	FutureLearn	12 hours
Understanding Depression and Low Mood in Young People	FutureLearn	15 hours
Level 2 Certificate in Personal Exercise and Nutrition	The Skills Network	16 Weeks
Level 2 Certificate in Understanding Nutrition and Health	The Skills Network	16 Weeks
Level 2 Certificate in Awareness of Mental Health Problems	The Skills Network	16 Weeks
Level 2 Certificate in Understanding the Care and Management of Diabetes	The Skills Network	16 Weeks



wranx

Effective, Measurable Learning



the skills network



Litmos

We have a range of courses available, with new courses being added regularly. Why not explore some of our other partnership offers, such as FutureLearn and OpenLearn. Both offer the opportunity to access a range of free and low cost courses ranging from tasters to degree level studies.

In addition to the above offers we also have our E- Careers and our CPD learning offers, which come with a discount for Unite members and are great for individuals who are looking to upskill and develop their current roles or want to explore new opportunities!

Members Matter Redundancy Support Area

HOW CAN WE HELP YOU?

HERE FOR YOU MEMBERSHIP

LETTERS & APPLICATIONS

CREATING YOUR CV

UNDERSTANDING THE BENEFITS SYSTEM

JOB VACANCIES

JOB SEARCHING TIPS

INTERVIEW SKILLS

Working with

**National
Careers
Service**

ENHANCE YOUR SKILLS WITH
FUTURELEARN

OPENLEARN

The Open

An area dedicated to offering our members and their families support if faced with redundancy! The learn with Unite team is here to help and can offer support via Zoom, the Phone or where possible face to face!