

MANAGING MENTAL HEALTH IN THE WORKPLACE

Workshop: **Mental Health Awareness**



COURSE DURATION	One-day course
COURSE LEADERS	Pat Ashworth , Director of Learning Solutions, Mark Saul and Helen Moran , Senior HR Advisers.
PRICING	Course prices vary according to number of workshops required. Please contact us for a quote.

WHO SHOULD ATTEND?

Anyone with people management responsibility, who would like to gain greater knowledge about mental health in the workplace and understand how to manage these situations.

Courses are designed for up to 12 delegates.

COURSE OBJECTIVES

- Help managers be more confident in talking about mental health at work
- Build capability of managers supporting colleagues experiencing mental health
- Enable a smooth transition back to work for those returning after long-term mental ill-health

COURSE MODULES

- Practical quiz – exploring existing awareness and understanding
- Identifying the early signs of distress – what to look for
- Practical case study – group exercise to plan, deliver and review real-life scenarios
- Key learnings re-cap and practical tips reviews

WHAT WILL YOU LEARN?

- How to have difficult conversations, building confidence and improving your core behaviour and knowledge around mental health
- How to spot the early signs, symptoms and behaviours of mental health
- Greater awareness of the stigma attached to mental health
- Understanding the business reasons for change and the steps you can take to gain Board buy-in
- The importance for self-care and managing stressors in and out of the workplace
- The role of the mental health first aider and your steps to accreditation