



# Mental wellbeing in the workplace

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- Suitable for: Staff who are responsible for the wellbeing of others, such as managers, supervisors, team leaders or those working in human resources
- Develop the confidence, strategies and tools to approach, support and manage mental wellbeing at work

Part of the

**Mental health**  
training series



### Duration, delivery and cost

We can deliver these group courses face-to-face or online, to suit your needs.

#### Online delivery:

Group size: 8 to 12 participants

Duration: Half day

Online cost: £799 + VAT

#### Face-to-face delivery:

Group size: 8 to 12 participants

Duration: Full day

Face-to-face cost: £1,699 + VAT

Or

Group size: 8 to 12 participants

Duration: Half day

Face-to-face cost: £1,149 + VAT

Did you know one-in-six of us will be affected by mental health at any one time - that could be up to 17 per cent of your workforce. Poor mental health costs UK employers an estimated £33-42 billion each year.

So developing mental health awareness can help you significantly reduce the cost to your business, through reducing absence and increasing productivity.

#### Do you:

- Want your managers, team leaders and supervisors to have a broad understanding of mental health and its impact in the workplace?
- Want them to have more confidence in having conversations about mental wellbeing and have a range of tools and strategies to enable them to provide appropriate support to individuals?

“

The group activities and tasks were great, very interactive and required me to participate which enhanced my learning. There were clear objectives and useful tools. It was well delivered, easy to follow and understand.

Kerry, Corps Security  
June 2019

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## Course summary

This session provides a broad introduction to the topics of stress, mental health and mental wellbeing.

We begin by looking at the signs and symptoms we could see if someone is struggling with their mental wellbeing or experiencing stress. We then take a brief look at a number of mental health conditions. Next we look at risk factors for developing poor mental wellbeing – considering both individual factors and work factors. In the second part of the session we discover a range of strategies and tools delegates can use back in the workplace to support mental wellbeing.

The topics are explored using a variety of group and individual activities to ensure delegates understand the content fully and can change their practice as a result.



## Key topics

- The four stages of the mental health continuum and some of the signs you might expect at each stage
- The relationship between pressure and stress and the main signs and symptoms of stress
- The effects of some common mental health conditions
- Risk factors for poor mental wellbeing
- The impact individuals and the organisation can have on mental wellbeing
- How to have effective and helpful conversations about mental wellbeing
- Suitable workplace adjustments and support services.

### Each delegate will get:

- A broad understanding of stress, mental wellbeing and a number of mental health conditions
- Tools and techniques to assist them in promoting positive mental wellbeing and discussing mental wellbeing with individuals
- Suggested practical solutions that can be implemented back in the workplace.

### Your organisation gets:

- A summary of feedback in order to show its impact and to identify any further learning needs.

There is an option to purchase the comprehensive in-course PDF workbook which accompanies the full day programme for a small additional charge.

### Full day vs. half day

The full day course sees all topics covered in more depth, with more time allowed for group discussions and for delegates share their experience and real-life examples.

Additional activities include condition research, non-judgemental listening, and a case study exercise to help embed learning further.

The trainer can provide an additional level of guidance and information by being able to interact with each group during activities – and delegates receive an in-course workbook which can be referred back to as needed.

### Design and methodology

The course has been developed by qualified training designers in line with the Training Accreditation Programme methodology. This is an industry recognised standard with the aim of ensuring all training activity is structured effectively and learning is embedded.

### Complimentary courses

- Personal resilience
- Mental Health First Aid (MHFA)
- Suicide First Aid Lite

### About us

We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to support colleagues, and to manage their own wellbeing. All of our training is delivered by a team of experienced consultants who have extensive knowledge and a practical understanding of workplace issues.

### Get in touch

If you would like to book, need more information or a tailored quotation, we can help you at:

-  0300 456 8113
-  [training@remploy.co.uk](mailto:training@remploy.co.uk)
-  [www.remploy.co.uk/training](http://www.remploy.co.uk/training)

