

Mental wellbeing in the workplace

Develop the confidence, strategies and tools to approach, support and manage mental wellbeing at work.

Group booking options:

Delivery:

Remote
Face-to-face
Face-to-face

Participants:

8 to 12
8 to 12
8 to 12

Duration:

Five hours (over two sessions)
Full day
Half day

Give your managers, team leaders and supervisors a broad understanding of mental health and its impact in the workplace

Facilitate conversations about mental health

Gain a range of tools and strategies to provide appropriate support to individuals

*One-in-six of us will be affected by mental health at any one time, which could be up to 17 per cent of your workforce.**

Developing mental health awareness can significantly reduce the cost to your business, reducing absence and increasing productivity.

This course combines an overview of mental health conditions and their effects with a range of practical measures which can be put into place.

What you'll learn

- Understand the four stages of the mental health continuum and the main signs and symptoms of stress
- Learn about the effects of some common mental health conditions and risk factors for poor mental wellbeing
- How to have effective and helpful conversations about mental wellbeing
- Understand suitable workplace adjustments and support services

Who this course is for

Colleagues who are responsible for the wellbeing of others, such as managers, supervisors, team leaders or those working in human resources.



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

Course summary

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

We'll start by looking at signs we might see when people experience changes in mental wellbeing or periods of stress. We'll explore the signs and symptoms for a number of different mental health conditions. Then we will look at the risk factors for developing poor mental wellbeing - both individual and work-related.

We will explain how to approach a conversation about mental health and wellbeing, then focus on how to effectively gather information. We'll also discuss workplace adjustments individuals may need and explain support services and resources.

We explore topics through group and individual activities. This helps delegates to fully understand the content and adapt their processes as needed.

The full day course covers topics in more depth. There will be additional time for group discussions and for delegates to share experience and real-life examples. Additional activities include condition research, non-judgemental listening, and a case study exercise to encourage further learning. The trainer can provide more guidance and information by being able to interact with each group during activities.

Your organisation will get a summary of feedback in order to show the course's impact, and to identify any further learning needs.

The course has been developed in line with the Training Accreditation Programme methodology, an industry-recognised standard which structures training and embeds learning effectively.

About us

Our expert team have been delivering workplace training to organisations from all sectors for over 75 years, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

To book, for more information or for a tailored quotation, contact us:



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