Mental Health at Work

Duration: Half a day / 1 day   **Maximum group size: 12 people**

Course overview

This course will provide a comprehensive introduction to mental health. Delegates will learn about the impact it can have in the workplace and explore the different types of mental health problems that they may experience themselves or notice in others.

We will discuss the different triggers and symptoms that help recognise mental health issues and encourage all delegates to take an empathetic and proactive approach to helping someone receive the appropriate support.

Who would benefit from attending?

This course is ideal for all employees who are looking to learn more about mental health at work.

Core development objectives covered

- What is mental health?
- Why is it uncomfortable for us to talk about? ~ breaking the stigma!
- Understanding the common causes & symptoms
- Identifying different mental health issues
- How to help avoid mental health issues arising?
- Improve wellbeing / peer support / taking a break
- Developing levels of resilience in yourself / your team
- Making workplace adjustments

- Support & care for a colleague with a mental health issue
- Referring a person for specialist care / advice
- Putting in place a Mental Health action plan

Delivery methodology

Futureproof's training workshops require all delegates to take a full and active role throughout. Our mix of trainer led discussion, facilitation, coaching and skills practice ensures that all delegates enjoy an interactive and supportive learning experience.

Note: This course can be tailored to cater for Managers who are looking promote a healthier workplace / team environment and be confident in handling mental health issues if required.

Want to tailor the content of this workshop and incorporate internal procedures, competency framework, organisational values & work-related challenges?

Get in touch with one of our Learning & Development Managers – 01623 409 824 • info@futureproof-training.co.uk