Mental health & wellbeing in the workplace.

Overview

Poor mental health is now the number one reason for staff absence. This course aims to raise awareness of mental health, and to understand and recognise the causes, symptoms and support options for a range of common and less-common mental health conditions.

Course Aims

- Create a safe learning environment to explore attitudes to mental health
- Understand what is meant by 'mental health'
- Be aware of the legal responsibilities that employers have regarding mental health
- Understand some of the most common mental health problems
- Understand ways in which people can manage their individual mental health to make everyday living easier
- Learn how to support a colleague with a mental health problem in the workplace.

Course Content

- Overview of Equality Act 2010 as it applies to mental health
- Examine some types of mental health conditions and give an overview of depression, bipolar disorder, anxiety, obsessive compulsive disorder, stress, PTSD, phobias, schizophrenia, eating disorders, self-harm, loneliness and panic attacks
- Explore ways to manage a mental health condition. Explore ways to improve wellbeing, set goals, look at peer support, sleep, diet, exercise, drugs and alcohol, mindfulness, taking a break, medication and recovery
- Participants will reflect on ways of supporting good mental health in the workplace and explore issues around why mental health is not discussed at work, recognising a problem, talking about mental health, supporting a colleague, promoting a healthy workplace and tips for managers.
- Workplace adjustments: participants will examine why workplace adjustments are sometimes needed and what is meant by an adjustment. The course will also cover fit notes, adjustments to the workplace, helping an employee to return to work and tips for managers.

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How to Book

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