

Datasheet – Managing Mental Health in the Workplace

The aim of this course is to give managers, team leaders and anyone with responsibility for others within the workplace the confidence to identify and assist employees who may be suffering with poor mental health and to work within the legal guidelines to assist and support them back into work where possible.

MANAGING MENTAL HEALTH IN THE WORKPLACE (1-DAY)

Course content:

- Mental Health in the workplace and the law
- Recognising and understanding stress, anxiety and depression
- Non-judgemental listening skills & confident conversations
- Supporting an employee who is off sick
- Return to work and reasonable adjustments
- Removing the stigma – creating a mental health aware workplace
- Engaging someone to talk about their mental health, who may be reluctant
- Recognising more complex mental health issues (psychosis, personality disorders, bi-polar)
- Promoting wellbeing within the workplace
- Self-care - managing and maintaining your own mental health

Learning takes place through seminars, discussion and practical sessions with roleplay. Following the course, delegates will have the confidence to identify, approach and assist someone who is struggling with their mental health as well as to support them through the process of sickness absence and return to work.

PREREQUISITES

None.



MHFA England