



Mental wellbeing in the workplace training

One in four of us will be affected by mental health in any one year - that could be up to a quarter of your workforce!

Mental health costs UK employers an estimated £26 billion pounds each year*.

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

- ⦿ **Do you want to create an open attitude and culture towards mental health in your organisation - to become an employer of choice?**
- ⦿ **Is your organisation supporting the de-stigmatisation of mental health?**
- ⦿ **Do your managers, team leaders and supervisors:**
 - understand how to effectively support employees with mental health issues to enable them to work to their full potential in the workplace?
 - know how to positively impact mental wellbeing in the workplace?

Full day workshop

Suitable for: Staff who are responsible for the wellbeing of others

Group size: 12 participants per workshop **Length:** 7.5 hours including breaks

Our workshop provides a safe and open environment to discuss mental wellbeing in the workplace. We explore different approaches to mental health, some of the more common mental health conditions and also look at the relationship between stress, wellbeing and performance.

The day provides delegates with the opportunity to discuss current mental wellbeing challenges in their workplace and to share experiences and good practice. Through a range of interactive exercises, delegates develop the confidence and acquire the strategies and tools to approach, support and manage mental wellbeing in the workplace.

By increasing confidence in this topic, your organisation is more likely to attract and retain a healthy and engaged workforce.

Delegates will complete a range of group and individual activities throughout the session to ensure learning is embedded and they understand the practical application of that knowledge. We also measure the confidence they have in the topic before and after the course and this information can be provided to the organisation if required.

All delegates will receive a comprehensive workbook and certificate of attendance (if required).

Remploy

Putting ability first

* Source: Centre for Mental Health (2007)

Workshop content overview

What is mental health?

- ⦿ Defining mental health and models of mental wellbeing
- ⦿ Common mental health conditions.

Stress, mental wellbeing and performance

- ⦿ Performance and pressure.

Supporting mental wellbeing in the workplace

- ⦿ Creating a supportive climate
- ⦿ Having helpful conversations
- ⦿ Practical tools and solutions.

Workplace adjustments

- ⦿ Equality Act (2010) and exploring the different types of workplace adjustments.

Action planning

- ⦿ Using case studies to ensure knowledge can be readily applied in the workplace.

Where to get help

- ⦿ Where and how you can access support services.

Half day workshop

Length: Four hours including breaks

Our four hour workshop provides an overview of mental health and some of the more common mental health conditions. It examines the relationship between stress, wellbeing and performance.

During the workshop delegates are provided with the knowledge and practical strategies to approach, support and manage mental wellbeing related issues in the workplace. Delegates are guided through a range of interactive group exercises to explore the topics. There are also opportunities to relate the learning to their own workplace situations and share good practice.

This shorter option may be more suitable if you wish to train more colleagues across your business creating a wider impact. There is also less time out of the business required by your delegates and it allows you more choice and flexibility of delivery.

All participants will receive handouts to complement the course and a certificate of attendance. There is an option to purchase a comprehensive workbook for an additional cost.

Workshop content overview

- ⦿ What is mental health?
- ⦿ Stress, mental wellbeing and performance
- ⦿ Supporting mental wellbeing in the workplace

- ⦿ Workplace adjustments
- ⦿ Action planning
- ⦿ Where to get help.

Join our communities

