

Mental Health Awareness Training Half-Day Workshops

It is thought that around 1 in 6 people is experiencing some kind of mental health problem at any given time, the impact of which is costing an estimated £105 billion per year*. Understanding the issues surrounding mental health at work enables employees and businesses to thrive. These Mental Health Awareness Sessions have been created to increase awareness, support managers and help people understand how to respond to someone having a mental health difficulty.

Mental Health Awareness

This session explores the arena of mental health and illness to help participants feel more confident and knowledgeable about mental health and illness. We cover:

- Definitions of mental health & illness
- Types of mental illness
- Common myths
- Dealing with stigma
- Appropriate vocabulary
- The road to recovery – what's helpful/unhelpful
- Promoting mental health – helping yourself and colleagues
- Resources and help



Mental Health Awareness for People Managers

This session has been designed as an add-on for managers, who have a duty of care to the people they lead. They can also take the lead in promoting healthy & happy environments and in fostering a culture where mental health can be managed positively and without stigma. To complement the learning in our Mental Health Awareness for Staff session, we cover:

- Summary of NICE guidelines for promoting mental health at work
- What the law says and what you need to know - The Equality Act and the Health and Safety Act
- The role of line managers in promoting mental health & well-being
- Understanding the core responsibilities of managers in dealing with staff with mental health issues
- Finding ways to have effective conversations with staff about mental health and illness
- Resources, help and action plans for managers

*No Health Without Mental Health - A Cross-Government Mental Health Strategy for People of All Ages

Mental Health First Response

This half-day session is for people who are already aware of some of the issues surrounding mental health and supports them to identify, understand and assist someone who may be experiencing a mental health difficulty. The training helps them gain the skills and confidence to recognise the warning signs of mental ill health, as well as listen and respond to someone in crisis. They also learn how to signpost and help others access practical and or medical help when needed.

As a result, participants will be able to support wellbeing and help to tackle the stigma of mental health in the workplace. This session has been designed to complement our Mental Health Awareness sessions and can also be taken with the Mental Health Awareness for Managers session.

We cover:

- A summary of mental health issues, plus factors likely to exacerbate mental ill-health
- How to notice possible signs of mental ill-health and apply appropriate responses, in order to support someone who is distressed or anxious
- Defining the types of crisis that can occur
- Advanced empathy & listening skills, containment and understanding
- How to respond to those in crisis and signpost to suitable help and support, including GP self-referral, self-help resources and other support, such as employee assistance programmes
- Skills check and written assignment

