

Managing Mental Health in the Workplace

BACKGROUND:

Supporting staff wellbeing means taking into account health and safety around not just physical wellbeing, but also mental wellbeing. The course will explore preventive strategies and provide help in recognising and supporting any mental health issues before they deteriorate, as well as providing support when problems become apparent. As a manager, recognising signs that something might be wrong, and taking appropriate action is key to a healthy workplace.

TARGET GROUP:

All managers and supervisors working across all environments.

COURSE AIM:

The course aims to help those with management or supervisory responsibilities to provide a mentally healthy workplace and to recognise and respond effectively when a team member's mental health may be of concern.

LEARNING OUTCOMES: Following this training participants will have had an opportunity to enhance their skills and feel more confident to:

1. Understand what good mental health in the workplace looks like and why it matters
2. Understand the role that managers and colleagues have in recognising and dealing with mental health concerns in the workplace
3. Explore and implement strategies and actions to improve mental health in the workplaces

ORGANISATIONAL BENEFITS:

When staff are supported and receive training to support them in their role, the impact on their confidence and ability to deliver the service can only be positive, they feel valued and retention is improved along with good practice.

For 12-14 people, at your venue

(Including all materials)

For further information, contact Steps Training on **02920 095300** or email info@steps-training.co.uk