

Mental Health Awareness

This half-day workshop aims to develop delegates' understanding of mental health and how to create a healthy workplace environment. This session also works to reduce the stigma surrounding mental health so people feel confident to talk with their line manager

Suitable for: Line managers, human resources and anyone with an interest in mental health or supporting others

Duration: 3.5 hours

Aims and Objectives:

- To strengthen participants' knowledge around mental health, well-being and why we become 'unwell'
- To develop participants' understanding of experiences like depression and anxiety and the impact this has in the workplace
- To increase participants' confidence in their skills so they can support people in distress sensitively and appropriately
- To explore resources and services that support people managing their mental health

Session Outline:

- Understanding mental health, well-being and shame
- Using the Biopsychosocial model to explore why we become 'unwell'
- How coping mechanisms work
- When life exceeds our ability to cope with it – looking at experiences like depression, anxiety and psychosis
- How to help someone in distress in the workplace
- What help is available and how to access it
- 8 point healthy workplace strategy

This course is followed up with an email pack outlining further information and resource materials for those wishing to continue their own learning in response to the ideas covered in this course