

# MENTAL HEALTH @ WORK FOR MANAGERS

With one in four staff experiencing a mental health problem at work, it is no wonder HR professionals & managers are seeking better ways of tackle Mental Health in the workplace.

A study by the Chartered Institute of Personnel and Development has highlighted the impact on business of poor mental health in employees. The study found that:

- 37% of sufferers are more likely to get into conflict with colleagues
- 57% find it harder to juggle multiple tasks
- 80% find it difficult to concentrate
- 62% take longer to do tasks
- 50% are potentially less patient with customers/clients

The study also found that, for the first time, stress is now the major cause of long-term absence in manual and non-manual workers.

The difficulty for most Managers is knowing where to start because talking about mental health often seems too personal, too deep and too complex and yet it does not have to be that way. By actively tackling mental ill health in your business, you'll have healthier and happier staff and a more productive workforce.

## Course brief

This workshop intends to broaden a Managers view of what mental health is, what it means to have a mental health condition and how we can help reduce stigma in the workplace, so everyone feels included, supported and able to work well. We will also look at the factors that promote recovery and wellbeing and find ways to talk about mental distress in a sensitive way.

## Workshop Covers:

- Understanding what mental health and wellbeing is
- Identifying key factors that affect mental health and wellbeing at work
- Recognising the continuum of mental health and who is effected
- Identifying the early signs of distress and how to take positive action
- Practical ways to better support/manage a member of staff with a mental health condition
- Understanding the correlation between supportive work cultures & better work performance
- Learn how to staying connected and yet remaining objective
- Wellbeing plans, sign posting & resources

Training is delivered in a relaxed and flexible manner with plenty of opportunity for questions and discussion.

## Delivery options:

Bitesize (3.5 hrs)

Maximum number: 16

Please contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for fees