

Managing Mental Health at Work

The difficulty for many 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.

Aims

Our training course is designed for managers, supervisors, leaders and anyone else with responsibility for managing people at work.

We provide an overview of mental health and people's experiences of mental health problems. We also equip managers with practical guidance and tools to promote mental health and wellbeing in the workplace. This includes building confidence in providing appropriate support and signposting, understanding legal duties, and supporting people with mental health problems to thrive at work.

Outcomes

By the end of this course learners will:

- Have a better understanding of mental health – good mental health and wellbeing, and mental health problems
- Understand common triggers for poor mental health
- Feel equipped to start a conversation about mental health and to respond to disclosure appropriately
- Apply Wellbeing Action Plans in the workplace
- Support people while they are off work unwell and when returning to work
- Take stock of wellbeing at an individual and team level
- Better understand the legal duties of a line manager in relation to supporting mental health at work
- Draw on further resources to promote wellbeing and mental health awareness within the workplace
- Signpost people to appropriate sources of support

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

Delivery Options

Course Length: 3.5 hours (half day) or 7 hours (full day)

Maximum delegate numbers: up to 16 delegates

Setup Requirements: Provision of a venue that can accommodate all of the delegates, seated. A room suitable for showing a PowerPoint presentation, a projector, flipchart stand, and flipchart paper.

Course Fee: contact training@bristolmind.org.uk for a quote