

Mental Health Skills for The Workplace

Our Mental Health Skills For Courses are an introductory three-hour session are the perfect way to start changing the culture of mental health in your workplace. Delegates receive the foundations with the core message provided across all our training. This helps ensure all employees receive an understanding of mental health. Their own and to look out for those around them.

The course will to raise awareness and understanding of mental health. Encourage staff to discuss their mental wellbeing, ensure they look after their own self-care, learn how to spot the signs of poor mental health in themselves and others. Then to equip them with resources for appropriate additional support.

The course to encourage mental wellbeing conversations and to provide employees with the knowledge MHFAiders are there to support them.

To create a truly unique course tailored around your work environment, contact us to arrange an initial consultation. Where our expert team are on hand to explore your options with you, and ensure the training received meets the desired outcome.

As with all our mental health training it is delivered through a mixture of informative slides, videos, case studies, interactive activities and group discussions. Access to on-going A-Z resource list & download files for all things mental health through the Mindmaps Wellbeing Hub.

Course covers

- What is mental health
- Stigma & Language
- Exploring what impacts mental health
- Self-care
- Spotting signs of distress
- How to start a conversation
- Signpost to relevant support
- Recovery
- Supporting mental health at work.

Available for closed groups of 6 to 16 Delegates

