

Duration: 1 day

Aims: To raise mental health awareness and its importance in the workplace and understand more about your responsibilities to your staff, how to manage your own mental health and the mental health of others.

By the end of this course, delegates will:

- Understand what is meant by mental health
- Have awareness of how to detect early symptoms of common mental health illnesses in self and others
- Have explored how to have conversations with their staff about mental health
- Understand ways in which mental health can be managed in the workplace
- Have examined ideas for promoting positive mental health and well being

Topics:

Understanding Mental Health Affects Staff

- Mental health and mental distress
- Stigma and discrimination
- Different models of mental health:
 - medical/biological,
 - psychological
 - social
- Triggers and early warning signs of mental ill health

Mental Health Conditions

- Anxiety, Depression, Stress, OCD and Phobias
- Psychosis, Bipolar, Personality Disorders
- Alcohol, drugs, and mental health
- Signs and symptoms
- Treatment and support

Developing a Mentally Healthy Workforce

- Practical strategies & tools to manage everyday mental wellbeing
- Having courageous conversations
- Mental Health and Wellbeing Action Plan