

Managing Mental Health in the Workplace (MMHW)

Course Synopsis

Course Overview

A 1 day course (delivered online or in person) that will increase your understanding and awareness of mental health as experienced within the workplace and build upon that awareness to develop an understanding of how to create and maintain supportive working environments for all employees. This course is aimed at individuals working in a managerial or supervisory capacity.

Course Objectives

- Increase awareness of mental health and improve understanding of how and why mental health may fluctuate within a workplace setting
- Outline the importance of managerial and organisational roles in building positive and supportive cultures in the workplace
- Identify relevant resources and tools to provide support for people in the workplace and explore further sources of support and information

Content Summary

- Understanding how mental health applies to everyone and exploring that within the context of work
- Identifying how mental health may vary for and between individuals across differing situations and circumstances within workplace environments
- The importance of creating and maintaining supportive cultures in the workplace and why this is of benefit to an organisation
- Exploring the role of managers and leaders in enabling the implementation of a supportive environment
- Reflection on effective communication skills
- Investigating tools and resources that can underpin the provision of support for employees
- The importance of signposting for further support

Requirements for attendees

- Over the age of 18
- Preferably working in a managerial or supervisory capacity