

# Mental health awareness in the workplace

## Overview

This workshop is designed to build participants' knowledge, skills and confidence in mental health and resilience in the workplace. The workshop will benefit all those looking to increase their knowledge around the subject enabling them to support someone exhibiting signs of mental ill health, as well as increasing their own resilience and being aware of their own mental wellbeing.

## Learning objectives

On completion of this practical programme participants will develop:

- An in depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Knowledge, skills and confidence through practical exercises to increase levels of personal resilience

## Audience

Anyone within the organisation would benefit, particularly people managers to enable them to support team members' wellbeing.

## Format

This is an interactive and participative one-day workshop, designed to give participants increased confidence in the subject of mental health and wellbeing. The workshop outline shown below is the starting point for the programme.

## Special feature

This programme can be tailored to particular settings. We suggest that, for maximum benefit, the trainer be given access to your organisation's relevant policies and procedures well in advance in order to use them as examples during the programme.

Any further tailoring of the programme can be discussed directly between you and the trainer.

## Workshop outline

### 1 Introduction

- Workshop objectives and benefits from attending
- Participants' experience and confidence in this area
- Personal objectives

### 2 Understanding mental health

- What is mental health?
- Mental health and stigma
- Types of mental ill health disorders

### 3 Supporting others

- Warning signs of mental ill health
- How to support someone exhibiting signs of mental ill health

### 4 Supporting yourself

- Stress: coping mechanisms and self-care
- What is resilience, why is it important and how can you increase your levels?
- Building your support network

### 5 Next steps

- Individual learning and action planning
- Group review and close

For a no-obligation discussion about running this programme for your organisation on an in-house basis, just give us a call on [01582 463462](tel:01582463462).