



# Raising Awareness of Mental Health

## Mental Health & Wellbeing

*Suitable for team members, people managers, the C-suite team and HR professionals who want to improve their knowledge and confidence about mental health in the workplace.*

Employers have a legal duty of care to provide a safe working environment for employees as well as take care of them. Moreover, employers have a moral duty to support employees' mental and emotional wellbeing. UK government statistics show that poor mental health costs businesses £34.6 billion annually. Increasing awareness of mental health can destigmatise the conversation and build a culture in which employees can thrive. It can reduce unexplained absences and support long-term sick because employees feel confident to talk about mental health. This half day course is designed to raise awareness of and teach delegates to take care of their own wellbeing and mental health.

### Course Content

- Module 1 -** The Mental Health Continuum
- Module 2 -** The stigma and myths that surround mental health
- Module 3 -** The early warning signs of mental health conditions
- Module 4 -** What are stress, anxiety and depression?
- Module 5 -** Creating a wellbeing plan: knowing the appropriate services and supporting colleagues



**Tailor It**

Talk to us about customising this workshop to suit your specific business needs

### Benefits to the Business

- Support the company's well-being agenda
- Create an agile workforce who can recognise the early signs of poor mental health
- Build an inclusive culture where employees work to their full potential
- Reduce unexplained absences and manage long-term sickness effectively

### Benefits to the Delegate

- Be confident in supporting colleagues and knowing where to sign post them
- Have an appreciation for mental health conditions
- Feel comfortable to be honest about your absence and seeking help
- Know how to take care of your own mental health and wellbeing as well as others'

## Leadership, Management and Wellbeing Training

HR Champions Ltd have been delivering Management Development training since the business was established over 20 years ago. We achieved ILM accredited centre status in 2002 and have since supported hundreds of businesses and thousands of delegates. Our courses and workshops, accredited and non-accredited are designed for all levels; for the novice team member, the aspiring manager, the established senior team as well as uniting those levels together with our team based training.

Our training services are complimented by our first-rate HR consultancy. We provide SMEs with HR and Employment Law advice & support from contracts and disciplinarys through to restructuring and redundancy.



### No-one was put on the spot



*"I enjoyed this interactive training where everyone could participate and share ideas on best practice when supporting colleagues. The trainer provided a comfortable environment and had lots of expertise on the subject. I even felt confident in joining in and can take what I learnt back to the workplace."*

**Tracy - Simplicity**

### The content was interesting



*"It was great to learn about the differences between stress, anxiety and depression. I feel confident knowing how to recognise their signs and how to support my colleagues. I liked the group aspect of this course and it was interesting to hear others' perspectives."*

**Paula - Meningitis Now**