



Mental Health Training for Managers

What is it?

This is a 4-hour training course that provides an overview of the mental health process that your trained Mental Health First Aiders will follow, giving you the ability to support them in the workplace. It also lays the foundations for you to develop your organisation's mental health plan to increase employee wellbeing and productivity.

This course is aimed at:

- Line managers
- HR managers
- Senior management

How is it delivered?

This course can be delivered face to face or online via Zoom. It can be completed in 4 x 1-hour sessions over 4 days, 2 x 2-hour sessions over 2 days, or 4 hours in one day.

How do you complete the course?

The course is interactive with group and individual activities throughout. To complete the course, you must show a good level of participation, show understanding through answering questions during the session and complete any additional activities set out in the workbook. There is no formal written assessment for this course.

Course Outcomes

At the end of the course, you will be able to:

- Understand and define mental health, wellbeing and stigma
- Understand current legislation regarding mental wellbeing at work, inc. recruitment and promotion processes and pre-employment issues
- Understand the impact of stress and burnout in the workplace
- Understand reasonable adjustments, keeping in touch when staff are off through illness and returning to work

Cost

Contact us for pricing – discounts are available for group bookings of 6-12 people.
enquiries@shawmind.org or call **01636 600830**