



Training & Solutions

Helen is an accredited MHFA England

Instructor and also offers the following courses:

- Mental Health Awareness half day course
- Mental Health Champion, 1-Day course
- Mental Health First Aid 2-Day course



MHFA England

All of these courses can be delivered in-house to companies, organisations and community groups at competitive prices. Discounts are also available to the public, voluntary and community sectors.

Motivate Develop Engage Empower



Training & Solutions

People Focused Mental Health Management

Email: Helen@peoplefocusedtands.co.uk

www.peoplefocusedtands.co.uk

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People Focused Mental Health Management

Our message is straightforward: managing mental health is an essential skill for all managers, but one that is all too often under developed.

The cost of poor mental health management can be significant, both to companies, individual staff members and their families.

Mental ill health and stress related illnesses are the biggest causes of sickness absence in our society, causing 15.8 million days of absence in the UK in 2016. Mental ill health costs UK employers an estimated £35 billion each year - broken down, that's £10.6 billion in sickness absence, £21.2 billion in reduced productivity, and £3.1 billion in replacing staff who leave their jobs for mental health-related reasons. (*Office for National Statistics, 2017: Sickness absence in the Labour market: 2016*).

People Focused Mental Health Management is a one-day training course designed to help managers be more proactive, develop approaches to maintain good mental health in the workplace and better support those experiencing mental ill-health.

This course aims to increase managers' skills and confidence when supporting staff who are experiencing stress or mental ill-health. In turn, managers will be able to develop a positive workplace culture where staff feel supported and valued; experience less stigma; and are able to be happier, healthier, more engaged and productive at work.

Course Outcomes:

The course will enable delegates to:

- Be clear about their responsibilities as a people manager and their role in creating a positive mental health culture in the workplace
- Learn about commonly held perceptions that exist about mental health and the resulting stigma
- Be able to identify signs of poor mental health
- Appreciate the legal context
- Understand the link between work and mental health
- Discuss and explore strategies for early intervention and support for employees experiencing mental ill-health
- Feel confident to raise awareness about mental health in their teams
- Hold sensitive conversations with staff about their mental health and know what to do to support them.

Delivered in an interactive and participate style, this course is designed to raise awareness, reduce stigma and encourage managers to take a people focused approach to managing mental health.

This course can be delivered in-house for your company and tailored to meet your needs.

Contact Helen for more information and discuss your requirements.

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