



Mental Health in the Workplace

Line Manager Training

The way you manage and support staff who are experiencing a mental health problem can be key in shaping how they cope and recover. Line managers play a crucial role in supporting staff, you are the first official contact between the employer and the individual employee.

This training aims to raise awareness of mental health problems and provide managers with practical strategies to support employees who are either experiencing, or are at risk of experiencing, mental distress. The course will also provide participants with knowledge and skills in the self-management of mental health to support themselves in their work roles.

Topics covered:

- Mental health overview, most prevalent mental health problems, contributing factors, effects on productivity and the cost of mental ill health.
- How to recognise signs and symptoms associated with prevalent mental health problems.
- Awareness of stress and how it can impact on mental health
- Pro-active and constructive principles and strategies to manage mental health issues, to support colleagues who may be experiencing mental health problems and those who may be vulnerable to mental ill health.
- Developing and promoting a mentally healthy workplace

The Online Line Manager Training is a **one-day** session made up of both self-directed learning activities and a live session hosted on zoom.

Self-directed learning is based on a combination of videos, workbook activities and reading, which can be done at your own pace in advance of the live session.

Resources for the first two modules will be sent to individual learners the morning of the training via email, allowing time to complete the necessary learning before the start of the live session that afternoon. The live sessions are led by a trainer from Wirral Mind and will start at 1.00pm.

The resources for the final module will be emailed following the live session along with an evaluation we ask participants to complete and return at their earliest convenience.

Online Line Manager Training timing outline:

Module 1: Self-directed learning ahead of the live session	Module 2: Live session via zoom 1.00pm – 4.00pm	Module 3: Self-directed learning following the live session
Approx. 2 – 2.5 hours	3 hours	Approx. 1 hour