



Mental Health Awareness Training

(half day session)

Mental Health is one of the top three causes of absenteeism in the workplace. Smart employers know that organisations perform better when staff are healthy, motivated and focused. Research consistently shows that when employees feel their work is meaningful and they are valued and supported, they tend to have higher wellbeing levels, be more committed to the organisations goals and, more importantly, they perform better.

Our mental health training aims to strip away myths and misunderstandings about mental distress and replace them with sound, positive, practical information so that people can support themselves and others who may be experiencing problems.

We will equip people with knowledge, skills and strategies so that they feel more confident talking about mental health problems and supporting themselves and others. Our training courses are interactive and delivered in an atmosphere that allows for open and honest exploration of ideas and issues.

Our Mental Health Awareness training will help you to:

- Explore attitudes towards mental health, stigma and discrimination
- Increase knowledge and understanding of mental health issues
- Recognise signs and symptoms associated with mental health problems
- Understand the causes of mental health problems
- Understand how mental health affects people
- Help support self/others with mental health problems
- Promote positive mental health in the workplace