



MENTAL WELLBEING AWARENESS

Course type

Online/In-Company

Learning format

Classroom

Course duration

2.5 hours

Other wellbeing courses

Cultivating a psychologically safe workplace

Positive wellbeing conversations

What do you get?

Certificate of Attendance

Course overview

Our mental wellbeing determines the quality of our life, yet many people are unaware of how their mind really works and therefore how to leverage their mind to maintain mental wellbeing.

There are also many misconceptions about mental health which prevents people seeking support or providing support to others, so this session will help expose these to enable more openness to talk about mental wellbeing.

With aspects of NLP and positive psychology included, attendees will leave with a sound understanding of mental health and a plan to manage theirs. As when we manage our own wellbeing compassionately, we can share the same compassion to support others.

Who would this benefit?

This session is suitable for any employee to increase their awareness of their own wellbeing and how to support others.

It would ensure employers are taking a proactive and whole organisation approach to

wellbeing in the provision of mental health literacy training for all their staff.

Which would also enable them to ensure effective employee consultation on any mental health risks across their organisation, to identify, assess and put in place wellbeing solutions. To comply with HSE legislation and implement the upcoming ISO BS 45003.

Objectives

Attendees will:

- Understand how the mind works
- Discover the factors affecting mental health
- Learn the common mental health conditions and misconceptions
- Gain an overview of the legislation around mental wellbeing in the workplace
- Understand responsibilities for wellbeing in the workplace
- Learn how to take ownership of their wellbeing
- Understand how they can support others mental wellbeing

Content

- What is mental health – defining what mental health means to you
- Factors that increase and decrease mental health inside and outside the workplace
- Types of mental health
- Misconceptions of mental health
- Signs of mental ill health
- Positive relationships to support others
- Introduction to a Wellbeing Action Plan to maintain mental health
- And more!

All course booking enquires:

clare@yourwellbeingdept.co.uk