



27/02/2020 09:00 - 13:00

Title: Adult Mental Health Awareness

Venue: Beaumanor Hall (bea - Beaumanor Hall),
Woodhouse, Leicestershire, LE12 8TX

Trainer: Madeleine McNeil

Human Resources

Mental Health Awareness for Employers

Managing cases of mental health in the workplace assists the school as a whole and can lead to improved motivation, reduced stress and healthier working teams and reduced costs.

Outline

An introductory course designed to increase mental health awareness and give an understanding of how to look after wellbeing and challenge stigma. This training session will raise your understanding of the issues to be considered when supporting an employee suffering mental ill-health at work.

The course is delivered by a Mental Health First Aid (MHFA) England accredited trainer.

Description

This training session has been developed and designed by Mental Health First Aid England, experts in providing information, advice and practical support for mental health issues and the only provider of licensed Mental Health First Aid Instructor Training.

Designed to raise your understanding about mental ill-health, the course will look at some of the myths and preconceptions that exist about mental health, discuss its importance and also the impact that mental health issues can have in the workplace.

During the day you will also learn about some of the common signs and symptoms of the main mental health conditions. Most importantly there will be the opportunity to discuss and explore strategies for early intervention and the support that organisations can put in place for employees experiencing mental ill health in order to help them remain in work and able to carry out an effective role.

Poor mental health in the workplace has real-world business impacts that directly affect productivity, employee attendance and customer service. A recent study has shown that poor mental health costs UK employers £8.4 billion in sickness absence and £15.1 billion in reduced

productivity. Whilst many of the reasons behind poor mental health will not be work-related, it's clear that organisations need to be aware of how to address these issues, support their staff and create a culture which enables staff to remain productive and able to carry out their roles effectively. Employees will all have good days and bad days.

One in four of us will at some stage suffer from mental ill-health. Stress, depression and anxiety are estimated to be the cause of more working days lost than any other work-related illness. For this reason it is highly important that Managers and Supervisors have an awareness of mental health issues, their implications for staff who may suffer and the confidence to know what approaches to take to support employees to remain productive.

Outcome

This event will cover:

- Why is mental health important?
- The impacts of mental health on a business ;
- How do we view mental health; exploring the stigmas and misconceptions;
- The barriers that make dealing with mental health issues at work difficult;
- Identifying the main mental health conditions, their symptoms and treatment;
- Recognising the signs of mental health issues in the workplace;
- Discussions about how to handle issues when they arise;
- Creating a culture and environment that supports communication and disclosure;
- Supporting employees experiencing distress at work;
- Supporting employees to remain in or return to work;

At the end of the course each delegate will receive a certificate of attendance and an MHFA manual (worth £13.00) to keep and refer to whenever you need it.

Booking Information

Please note this course is valued at £150.00 by MHFA England but we are able to subsidise the training costs for delivery to schools and academies who subscribe to either the HR Essential or HR Plus package.

Booking this course before 29 November 2019 and checking out will see an an 'early bird' discount of 15% applied.

Lunch is not provided, coffee/tea will be available.

Anyone wishing to attend this training course who do not buy into the strategic HR service are welcome to do so, subject to availability. Please e-mail; hrservices@leics.gov.uk for availability and costs.

If you have any questions regarding accessibility to the venue please contact LTS HR or Beaumanor Hall directly

Cancellation policy:

- 1) 100% refund 14 days or more before the course starts
- 2) 50% refund between 13 and 8 days before the course starts
- 3) 0% refund between 7 and 1 days before the course starts

Programme

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Title: Adult Mental Health Awareness

Trainer: Madeleine McNeil, Senior Learning and Development

Code: HR-0320-T001

Price per delegate: 50.00

Sign up deadline: 26/02/2020