



Managing Mental Health – Skills for Line Managers (half day)

At least one in six workers in the UK experience common mental health problems like anxiety and depression at any one time and poor mental health is now the number one reason for staff absence. Yet understanding mental health challenges in the workplace, and managing them effectively, is not something that is often talked about – nor does it always come naturally.

It is however the key to making your workforce and business as productive, engaged and profitable as possible. Improving the management of mental health in the workplace can save 30% of the cost of sickness absence and reduced productivity; an average saving of £1,800 a year per affected employee.

Plus it makes good business sense to know how to effectively support the mental wellbeing of your entire workforce, not just those with a diagnosed mental health condition.

This half day course will help you learn how to identify a staff member who is struggling with mental health difficulties; develop the skills and confidence to support them to seek professional help and proactively manage any ongoing difficulties in the workplace.

Course Content

- Signs and symptoms of depression, anxiety and related disorders in the workplace
- How these conditions are diagnosed and available treatment options
- The prevalence and costs of mental health issues and why need to take action
- Factors that impact on our mental health and how we can protect it
- Link between mental ill health and workplace factors: how to address these
- Overview of the legislation on managing mental health in the workplace
- Action you can take – practicing skills to approach someone affected
- Managing ongoing mental health issues: best practice to support recovery at work

Who should attend?

Supervisors, line managers and HR professionals who wish to gain practical skills and knowledge to understand mental health issues at work and manage them confidently.