



MENTAL HEALTH AT WORK

OVERVIEW

MENTAL HEALTH AT WORK – LET’S HAVE T.E.A!

The session for employees is a prerequisite to the session for managers and is a requirement in order for managers to have both a 'self' approach as well as a 'team' approach to managing mental health.



PACKAGE

Mental health in the workplace is an area of increasing concern, and the increase in mental health issues has continued to have a serious impact on productivity and costs. The pandemic has altered the definition of the 'workplace' and has dramatically changed how individuals, management, and organisations function.

The intention of these sessions is to equip individuals and managers with an understanding of some of the common issues and the tools necessary to manage mental health at both self-level and team-level within each department or organisation.

It is a Whole Community Approach to Mental Health at Work.



MENTAL HEALTH AT WORK (OVERVIEW)

This session is designed for all employees including Managers, as it addresses Personal and Individual Mental Health and forms a basis for the Managers' Session. Managers are welcome to book their session separately.

- Gain An Understanding of Mental Health
- Understand Personal Mental Health
- Address Stress & Worrying
- Learn How to Manage Stress – Tool Kit!
- Learn How to Cope Better with Mental Health at Work & Personal Life
- Know Who Is Responsible for Mental Health at Work
- Develop A Proactive Approach to Self-Care
- Let's Have T.E.A – Taking Action & Looking at Disclosure



MENTAL HEALTH AT WORK PART 2 - FOR MANAGERS (OVERVIEW)

This Session builds upon the first Session. Managers would be required to attend that Session first as a foundation to this.

- Learn How to Manage Mental Health in the Workplace – 3 Approaches!
- The Cost of Poor Mental Health in the Workplace
- The Most Common Issues at Work
- Recognise Signs & Symptoms
- S.T.I.G.M.A
- Some Mental Health First Aid Tips
- Be Comfortable with Mental Health Conversations
- Let's Have T.E.A – Taking Action!
- Recognise when Escalation is Required – Sign Posting
- Building A Mentally Health Community



DURATION

120 MINUTES



NUMBERS

MAX 20 PARTICIPANTS

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