

Mental Health Awareness & Wellbeing

- **Work-related stress and mental illness now accounts for over half of work absences in the UK (HSE 2018)**
- **Stress induced illness is the number one cost to UK businesses at £1300 for every employees totalling £35.9 billion per annum (Centre for Mental Health 2018)**
- **IOD reports a 25% year on year increase in days taken off work due to mental health issues (2017)**
- **60% of organisations with a policy on mental health do not currently provide any training**
- **FTSE 100 companies that prioritise staff wellbeing out-perform their competitors by 10%**

The facts and figures are all there but we don't really need them to know that stress induced illness and mental health issues are a major, and very costly, problem in the workplace today. But what can you do about it?

Improving knowledge, reducing stigma and building employee wellbeing is key, and where Resilient me can supply specialist training.

This 3-hour introduction to mental health awareness and wellbeing includes the following:

Results

Delegates will be able to:

- Understand what stress is (medically) and how it can ultimately lead to physical or mental health issues
- Learn what the six different mental health categories are (at a basic level) and how to identify them
- Understand how to provide initial support for individuals' mental health issues in the workplace
- Understand the key strategies required to maintain positive mental wellbeing

Key Topics

- What is stress and how it can lead to physical and mental health issues
- How to spot mental health issues in yourself and in others
- How to provide initial support for colleagues
- How to build and maintain positive personal wellbeing

Benefits of attending

Delegates will understand exactly what stress-induced illness is and how it can lead to more serious physical and mental health issues. They will also look at what the different mental health conditions are and learn how to spot them.

All delegates will benefit from attending this 3-hour session. It can be augmented at a later date with full resilience training.

Who Should Attend

All Staff

Duration

3 Hours

