

Product Specification: MHA

Mental Health Awareness

Overview

Gain the confidence to deal with staff who may be experiencing mental health problems.

There tends to be great variation in the level of awareness of mental health issues within workplaces. HR and Managers need to be able to recognise and understand some of the most common signs and symptoms of mental health conditions within the workplace to enable compliance of the 2010 Equalities Act.

A workplace that is positive about mental health supports the wellbeing of all employees, and encourages openness about mental health problems. Many organisations lose the skills and experience of capable employees who feel they have no choice but to choose between a deterioration of their mental health or leaving their employment. This course raises awareness of the most common mental health disorders, enabling delegates to recognise some of the associated signs, symptoms and behaviours and learn the most effective ways of managing a member of staff with either a suspected or diagnosed mental health condition.

This course also raises awareness of the stress response and how it impacts on mental health.

Who Should Attend?

- This course is for you if you are an HR or Wellbeing professional



Learning Outcomes

1. Understand the stigma that surrounds mental health
2. Appreciate the key areas of legislation and the impact on businesses, including the implications of the Equality Act 2010 and the duty to make reasonable adjustments in the workplace
3. Improve your understanding of the way stress impacts on mental health
4. Recognise and understand some of the most common signs, symptoms and behaviours of mental health conditions within the workplace
5. Gain the confidence to deal sensitively with colleagues who may be experiencing mental health problems

Symposium Training Contact Details

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Sample Programme

This training day will run from 9:30 – 16.30. Lunch and refreshments will be provided during the break.

1. Refresh your understanding of acute and chronic stress and its relationship to mental health
 2. 16 mental health illnesses and conditions
 3. Signs, symptoms, causes and interventions
 4. Treatments and medication
 5. Key skills and useful techniques
 - Helpful memory aids – ALGEE and LEAP – to increase confidence to communicate sensitively about mental health issues and emergencies
 6. Mental health and the law
 - Summary of the main areas of legislation and the impact on businesses
 - The implications of the Equality Act 2010 and the duty to make reasonable adjustments in the workplace
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