

# MENTAL HEALTH AWARENESS FOR EMPLOYEES

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COURSE OUTLINE

01428 741 482  
[capitaltraining.com](http://capitaltraining.com)





**3 HOURS**

**DELIVERY METHOD: FACE TO FACE OR VIRTUAL**

### Audience

To provide Employees with the knowledge and confidence to understand the spectrum of Mental Health and Mental Ill Health and to be able to spot common mental health conditions in themselves and others. It will highlight the factors that can affect mental health and will explain that the Mental Health Continuum is extremely fluid and will change with life events. The aim is to train the delegate in gaining understanding of how they can practically help themselves or another person who may be struggling with a Mental Health condition and have greater clarity as to the approaches that can support themselves or their colleagues into recovery

### Pre-Requisites:

None

### Course Objectives:

- What is Mental Health and Mental Ill Health
- The life and workplace factors that can affect Mental Health
- The Mental Health Continuum
- Understand common Mental Health Conditions and Symptoms
- Recognise some Mental Health Behaviours in themselves or others
- Become equipped to break down stigmas by using the correct approach, language and by leading by example
- Supporting themselves and others to access help from others or to be able to confidently signpost to professional services





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### Course Content

- Steps to recovery
- **MENTAL HEALTH DEFINITION**
- Discussing and fully understanding the spectrum of Mental Health and Mental Ill Health
- Current Mental Health statistics in the workplace
- **FACTORS WHICH CAN AFFECT MENTAL HEALTH**
- Work and lifestyle factors which can have a big impact on Mental Health as a whole
- How 'uncertainty', the 'hybrid' way of working and 'company change' can affect Mental Health
- **THE MENTAL HEALTH CONTINUUM**
- Understanding the Continuum
- Which quadrant are we in?
- Why we move around it
- Important factors to consider
- **COMMON MENTAL HEALTH CONDITION – SYMPTOMS AND BEHAVIOURS**
- Understanding Stress and the impact of long term stress on our physical body

