

MENTAL HEALTH FOR REMOTE AND ISOLATED WORKERS

COURSE OUTLINE

01428 741 482
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6 HOURS

DELIVERY METHOD: FACE TO FACE OR VIRTUAL

Audience

Remote and isolated workers, along with managers and leaders responsible for supporting dispersed teams. Suitable for anyone who needs to understand mental health risks in remote environments and develop practical strategies to support wellbeing for themselves and others.

Course Description

This one day course explores the mental health challenges faced by individuals working remotely or in isolation, including reduced social contact, blurred boundaries, and increased emotional strain. Delegates examine the triggers and symptoms of mental ill health, the impact of leadership behaviours, and the legal responsibilities organisations hold. The workshop provides practical tools to maintain wellbeing, support colleagues appropriately, and create healthier working environments in remote or isolated settings.

Learning Outcomes

By the end of this workshop, delegates will have learned how to:

- Increase their awareness of mental health and how to improve mental wellbeing for themselves and others.
- Identify triggers and symptoms of mental ill health.
- Ensure compliance with employment law requirements.
- Understand personal boundaries when supporting others.
- Identify the correlation between leadership behaviours and mental wellbeing.



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Course Content

UNDERSTANDING MENTAL HEALTH

- What mental health is and how it affects daily functioning
- Symptoms and behaviours associated with mental ill health
- Stigma and discrimination surrounding mental health
- Defining common mental health conditions
- Factors that influence mental health issues
- The specific challenges of working remotely or in isolation

MENTAL HEALTH CONTINUUM

- Understanding the mental health continuum and its practical use
- How thoughts, feelings, and behaviours interact
- Influences on personal mental health
- The “Stress Bucket” exercise and its application
- Understanding anxiety and depression
- Recognising when to intervene and when to escalate concerns

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Course Content

MENTAL HEALTH FOR THE REMOTE OR ISOLATED WORKER

- The link between leadership behaviours and mental health
- Employment law considerations and organisational responsibilities
- Improving wellbeing and reducing absence rates in remote teams
- The role of leaders and managers in supporting mental health at work

SKILLS THAT SUPPORT MENTAL HEALTH AWARENESS

- Key skills and behaviours that support wellbeing for self and others
- Responsibilities and boundaries when supporting colleagues
- Communication techniques that encourage openness and trust
- Working smarter and better to reduce stress and overwhelm
- Creating and maintaining a support network for remote workers

PRACTICAL APPLICATION AND REFLECTION

- Scenario based discussions and case studies
- Identifying personal triggers and protective factors
- Applying supportive communication techniques
- Developing an individual wellbeing and support plan

