

CiC COURSES

Mental Health Awareness Course Outline

What is it?

Mental Health awareness training for managers or employees.

Who is it for?

Managers and/or employees.

Course Aims

To raise awareness of mental health issues in the workplace and how to deal with them.

Course Content

Mental Health Awareness:

- Identifying and recognising the symptoms/signs of mental health problems
- Defining Mental Health
- Understanding the various concepts of mental health and distress
- Common situations/acute situations.

The Impact of Mental Health:

- Individual Reactions/Group Reactions/Team Dynamics
- The principle of containment.

Management:

- Developing skills to effectively manage and support your teams
- Duty of Care
- HSE Management Standards (Mental Health)
- Understand how managers effect staff and identify positive attributes to assist this
- Knowing when to refer
- Knowing where to signpost.

Tools and Techniques:

- Managing Difficult Conversations
- Active Listening
- Sources of Support for Managers.

Benefits

Raising overall Mental Health Awareness in the workplace and equipping Managers with strategies and tools to cope with this.

Enhanced work performance and reduction in the level of Mental Health related issues and possible absenteeism.

Our Experience

Our CiC trainers understand the importance of identifying and understanding the culture of your organisation. They are specialists in their field and are highly skilled at delivering training across all sectors and to all levels, specialist teams and departments. They have supported organisations and institutions within both the public and private sector from Universities and Schools, to Law Firms, local councils, NHS care trusts, International News Agencies and International Charities.

Costs

Costs are standard at £850 per half day and £1250 per full day.

Additional Information

Groups are usually capped at 15 per group but this is open to discussion for example some of the lunch and learns have been larger!



Want to know more?

Get in touch with CiC using the details below.

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