

# Mental Health at Work: Managers

1  
Day

A one-day course for managers to increase knowledge and confidence around mental health. An opportunity to explore and implement practical approaches within the workplace. This course is supported by West Midlands Academic Health Science Network (WMAHSN)

## Why should your managers take this course?

- The Mental Health at Work: Managers course provides tangible outcomes and next steps which your organisation can implement immediately
- Training videos and case studies are tailored towards specific industries so that they are relevant to your organisation
- The course is non-prescriptive and provides managers with a range of tools to enable them to support their teams effectively whilst adhering to workplace Equality and Health and Safety regulations
- **Return on Investment:** For every £1 invested in workplace mental health interventions, organisations see a return on investment of between £1.50 and £9 (Thriving at Work Review)

## By the end of the course, participants will be able to:

- Define mental health and some mental health issues
- Understand factors that affect mental health
- Complete Stress Risk Assessments for their teams using the Health and Safety Executive (HSE) Management Standards
- Understand how their behaviours may influence/affect team members during periods of stress e.g. organisational change
- Recognise some of the signs and symptoms of mental ill-health
- Feel confident in starting mental health conversations
- Take steps to improve their own mental well-being
- Identify and implement practical approaches to support colleagues within the workplace

## What to expect:

- Learning takes place through a mixture of presentations, group discussions and workshop activities. There are plenty of scheduled breaks throughout the day

## Everyone who completes the course will receive:

- A 'Mental Health at Work' training booklet to use for further reference
- A certificate of attendance



Supported by  
**west midlands**  
ACADEMIC HEALTH SCIENCE NETWORK

For more information on our services and pricing, please call  
**0121 271 0550** or email [info@altruistuk.com](mailto:info@altruistuk.com)

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**Duration: 6.5 Hours**

## Course Content

### Section 1

- What is mental health?
- Use of language
- Mental health continuum
- Why is mental illness an issue today?
- Stress Management - home, work, personality
- HSE Management Standards for stress/risk assessments
- Recognising signs
- Starting the conversation

### Section 2

- Personal experience videos
- Absence management
- Anxiety and Anxiety Disorders
- Depression
- Suicide awareness
- Listening skills
- Five ways to well-being
- Signposting

## Course Feedback

"The high-quality training that Altruist provides directly impacts on the mental well-being of staff and empowers them to unleash their full potential"

**Neil Mortimer, Business Manager, West Midlands Academic Health Science Network**

## Follow on courses

- E-learning Refresher Training (30 minutes) to be completed 6 months on from the course
- Mental Health at Work: Train the Trainer (5 Days)
- Mental Health at Work: Colleagues (3 Hours)



### Contact:

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