

Mental Health Workshops

We can tailor each workshop to meet your needs in terms of content, audience and duration.

Mental Health Awareness

An introduction, suitable for everyone in the workplace.

Duration - 45 mins – 1 hour

- Mental health vs Mental wellbeing
- Definitions and strategies for managing depression, anxiety and stress/burnout
- How to look after your own mental health

Fee: £400 + travel +VAT

Managing Mental Wellbeing at Work

For managers, team leaders and those with staff responsibility.

Duration - 2 hours

- What is wellbeing?
- Mental health vs Mental wellbeing
- Definitions and strategies for managing depression, anxiety and stress/burnout including HSE management standards on stress
- How to respond when an employee discloses mental ill health
- Ways to promote mental wellbeing in the workplace

Fee: £600+travel+VAT

Mental Health Awareness

To help staff working in caring roles to look after their own mental health and understand residents/service users experiencing mental ill health.

Duration - 2.5 hours

- How to look after your own mental health
- Definitions of depression, anxiety, schizophrenia and burnout
- Risks when working with customers with mental health issues
- How to get better outcomes for people who have mental health issues, adapting our approach

Fee: £700 + travel + VAT

Suicide Awareness

To help create awareness and knowledge of how to respond to someone who is feeling suicidal.

Duration - 2.5 hours

- Signs that someone may be feeling suicidal
- How to respond if someone is feeling suicidal
- Common misconceptions about suicide
- Self care when supporting someone who is feeling suicidal

Fee: £700 + travel + VAT