

## **Mental Health Workshops from Rowan Consultancy**

Our trainers are also counsellors, with many years' experience supporting people's mental health. We can tailor each workshop to meet your needs. All our fees will have travel from Perth (at 55p per mile and £20 per hour) added, plus VAT. Our courses can be delivered in person or via Zoom.

### **Mental Health Awareness**

[An introduction, suitable for everyone in the workplace.](#)

[Duration - 1 hour](#)

After this training, participants will be familiar with

- The difference between our Mental health and a Mental Illness diagnosis
- Definitions and strategies for managing depression, anxiety and stress/burnout
- How to look after their own mental health
- How to support colleagues' mental wellbeing

Fee: £550

### **Managing Mental Wellbeing at Work**

[For managers, team leaders and those with staff responsibility.](#)

[Duration - 2 hours or 2.5 hours](#)

- What is wellbeing?
- The difference between our Mental health and a Mental Illness diagnosis
- 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: £750 or £850

["The training provided by Rachel from Rowan was hugely beneficial, mental health is a topic we are all aware of but very often don't understand and Rachel provided an excellent session delivered in a positive and enjoyable way for myself and the colleagues attending."](#)

Gary Dalziel, Chief Executive, Elderpark Housing Association