



## **Mental Health Workshops From Rowan Consultancy**

Our trainers are also counsellors, with many years of experience supporting people's mental health. We can tailor each workshop to meet your needs.

### 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

### 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

### Customer Feedback

Gary Dalziel, Chief Executive, Elderpark Housing Association

*"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."*

### Fees

Our courses can be delivered in person or via Zoom. In person courses incur travel from Perth (at 55p per mile and £20 per hour plus VAT).

Mental Health Awareness

Fee: £550

Managing Mental Wellbeing at Work

Fee: £750 or £850\*

\*Depending on duration required

**rowan**  
live better

01738 562005  
[www.rowan-consultancy.co.uk](http://www.rowan-consultancy.co.uk)  
[rowan@rowan-consultancy.co.uk](mailto:rowan@rowan-consultancy.co.uk)