

AMINDSET Training Program 3

Mental Health Awareness in the Workplace Training

Sometimes it will seem obvious when someone is going through a hard time, but there is no simple way of knowing if they have a mental health problem. Although certain symptoms are common with specific mental health issues, people react differently when they are unwell. Some can hide what they are going through and others are an open book. But eventually, mental health problems will cause a person's behaviour to alter. If a work colleague exhibits behavioural changes, they may have a problem and need help.

The key to arresting mental health problems is being able to identify them in ourselves or our colleagues. The Mental Health Awareness in the Workplace Training workshop has been developed to give employers or employees knowledge and insight into how to identify, understand and help individuals who may be developing mental health issues.

The Mental Health Awareness in the Workplace Training will include:

- How to identify the signs of common mental health problems
 - Depression
 - Anxiety
 - Stress
 - Self-harm potential
- A checklist for providing support
- What to do to help a person with mental health issues
- How to help someone who may be thinking of self-harm
- Guide someone towards proper professional help
- Breaking the stigma associated with mental health problems

- Proactive planning for employers and employees to find a solution

Contact us to find out more about our Mental Health Awareness in the Workplace Training for employees and employers.