

WELLBEING IN THE WORKPLACE

Everyone has a role to play in promoting mental health and wellbeing in the workplace. The Mental Health Foundation reports that 70 million work days are lost every year due to mental ill health, and stress alone is the main cause of long-term sickness absence across the British workforce.

On this training delegates will learn how to spot the signs and support or signpost colleagues who have possible mental health issues. This is an interactive course that aims to increase the knowledge and confidence in staff so that they can feel safe, supported and understood in their workplace.



Course content:

- Dispel myths about mental health.
- Awareness of common mental health issues.
- Warning signs of being unwell and discovering coping strategies.
- Better understanding of resilience and how to increase it.
- Techniques and tools to cope with stress at work.

Training can be covered in a full day, half day, 1 or 2 hour workshops.

Training can be for frontline staff or for managers or both.

Delegates receive a training pack and each organisation will receive a USB memory stick with resources and further materials for the workplace.

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