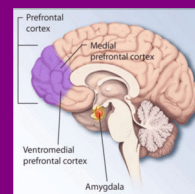


MENTAL HEALTH IN THE WORKPLACE – SKILLS FOR LINE MANAGERS

(CYC/HS/T22)



COURSE OBJECTIVE	WHO IS THE COURSE AIMED AT
<p>The workshop will provide you with sufficient information to help:</p> <ul style="list-style-type: none"> • Promote mental well being in the workplace by taking an holistic approach to managing your employees • Recognise stress, distress and mental health conditions in the workplace at an early stage • Develop practical strategies to help staff who experience mental health problems to retain their employment • Consider how to maintain or regain good mental health themselves, including strategies to help cope with stress at work 	<p>The training is aimed at Line Managers and will help increase their skills and confidence in managing the mental health of employees</p>

COURSE CONTENT
<p>Module 1 – Introduction to the programme Module 2 – What is Stress? Module 3 – What is Mental Health? Module 4 – Communication Module 5 – Commonly Diagnosed Health Conditions Module 6 – The Management Standards Approach</p>

COURSE/WORKSHOP LENGTH	1 Day
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METHOD OF DELIVERY	Presentation, practical exercises, discussion, case studies
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COURSE SIZE	Maximum 12
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PROVIDED BY	Health & Safety Team
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COURSE ARRANGEMENTS

There is no charge for this course. A hard copy of the completed booking form is available on Colin or Skillspace/LA Portal, and should be sent to the Training and Development Centre, 20 George Hudson Street, York, YO1 6WR (fax 554216 / tel 554147).

- If you have any queries contact CYC Health and Safety Team on 01904-554131
- Access the SMS system on Colin or Skillspace/LA Portal



“Helping Managers to manage Health and Safety”