



Free training from Rethink Mental Illness

Funded by London's CCGs through the Healthy London Partnership for All South East London Public Sector staff, including NHS workers, Local Authority staff and council commissioned staff.

Make your New Year's Resolution for 2018 to look after yourself with our...

Mental Health in the Workplace Training

24 January 2018 OR 6 February 2018

Morning course
9am to 1pm

Afternoon course
1.30pm to 5.30pm

Living Space, 1 Coral Street, London, SE1 7BE

To book your place, please visit:

Wednesday 24 January
Mental Health in
the Workplace

Morning: Mental Health in the Workplace
<https://selmhatwork24janam.eventbrite.co.uk>

Afternoon: Mental Health in the Workplace
<https://selmhatwork24janpm.eventbrite.co.uk>

Tuesday 6 February
Mental Health in
the Workplace

Morning: Mental Health in the Workplace
<https://selmhatwork6febam.eventbrite.co.uk>

Afternoon: Mental Health in the Workplace
<https://selmhatwork6febpm.eventbrite.co.uk>

Would you like to develop your understanding of mental health and mental illness, your confidence to support others with mental health issues, and reflect on how you can apply this to helping your workplace to be mentally healthy?

Our Mental Health in the Workplace training will give you the knowledge, skills and tools to increase your confidence in managing mental health in the workplace.

Course objectives include developing your:

- Understanding of mental health, mental illness and stigma
- Understanding of common mental health conditions (stress, anxiety disorders (including OCD), depression) and less common mental health conditions (bi-polar disorder, schizophrenia)
- Understanding of key legal requirements related to mental health in the workplace
- Understanding of how mental illness can manifest itself in day to day interactions within the workplace
- Understanding of how changes in behaviour can suggest a possible mental health condition, and ways of responding to this
- Confidence in holding conversations with staff members who may be affected by a mental health problem and in handling the outcomes
- Understanding of the prevalence and causes of mental ill health in the workplace
- Understanding of where to find key sources of information on supporting mental health in the workplace, including Wellness Plans

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