

# Supervising Mental Health at Work

*CPD Approved*

## **Course Description**

This course will look at supervising stress and mental health at work and show you how to create a good mental health culture in your workplace.

The course starts by examining the negative effects of poor mental health on individuals and also considers the many benefits of mental health interventions by employers.

You'll learn the six main areas that can lead to work-related stress and discover how to recognise when individuals and teams are under stress.

Companies are legally bound to assess health risks from stress at work, and we'll show how to assess those risks, along with how to recruit, and train Mental Health First Aiders.

You'll learn how to create a good mental health culture within your workplace and how to conduct a Mental Health Audit and produce a Mental Health Policy and Action Plan.

Finally, you'll learn a number of proven ways to promote a good mental health culture within your workplace.

## **Learning Objectives**

By the end of this course, you will be able to:

Define the term Mental Health and understand the impact of poor Mental Health in the workplace.

Understand workplace factors relating to Mental Health issues.

Learn how to create Risk Assessments and how to implement them successfully.

Introduce the role of a Mental Health Aider and how they can help to implement successful mental health policies and work culture.

## **Target Audience**

This course is aimed at supervisors and line managers who are interested in getting a basic awareness of mental health at work and want to use this knowledge to create a positive mental health culture in their workplace.

## **Advantages**

Online training is flexible, efficient and cost effective meaning the candidate can progress through the modules at their own pace and in their own time, so they can fit the training in around their work and personal life.

## **Further Progression**

Other more specific awareness courses such as Depression Awareness would complement this one for those who want a more rounded knowledge of mental health issues. For those wanting to take their role further Mental Health First Aid would be a great follow up course to this one.

<b>Course</b>	<b>Module Number</b>	<b>Module Name</b>	<b>Pass % Required</b>
Supervising Mental Health at Work	1	Introduction	70
Supervising Mental Health at Work	2	Implementation	70

**Recommended System Requirements**

- Browser: Up to date web browser
- Video: Up to date video drivers
- Memory: 1Gb+ RAM
- Download Speed: Broadband (3Mb+)

**Duration:** 25 minutes *(Note: This is based on the amount of video content shown and is rounded off. It does not account in any way for loading time or thinking time on the questions).*