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# Mental Health Awareness Training for Managers

For more information, visit our [Mental Health Awareness Training for Managers](#) webpage.

## COURSE CONTENTS

This training course is broken down into 5 sections

- 1 Mental Health Awareness
- 2 Mental Health Problems
- 3 Wellbeing Toolkit
- 4 Tips for Management
- 5 External Help

## LEARNING OUTCOMES

- ✔ Learn the importance of providing good working conditions for your team and how poor mental health can negatively impact a business
- ✔ Learn how to take positive steps to remove stigma surrounding mental ill-health
- ✔ Learn what to look out for in employees and changes in behaviour and signs people are experiencing poor mental health

## ABOUT THIS COURSE

Poor mental health is a very serious issue at work. It can have a huge impact on productivity and it can create a negative working environment. **Management teams have a duty to recognise and acknowledge poor mental health** and they must know how to deal with a variety of situations relating to the topic.

This Mental Health Awareness Training for Managers raises awareness of mental health and it explains different working practices that management can use to offer support to colleagues. It also provides simple and effective tools that can be used on a daily basis for management to enhance both their own and their employee's mental health.

It's not only a moral responsibility to take care of one another at work... it makes financial sense too. For every £1 that an organisation invests in improving the mental health of their staff, they see an average of a £5 return!

Download our free [Mental Health White Paper](#) today to gain a better understanding of Mental Ill-Health in UK workplaces.