

## Mental Health Awareness

In the UK, 1 in 4 people will experience a mental health problem at any given time including within the workplace. Many employers and managers do not understand enough about the subject and are not equipped to help. This can result in a person's mental health worsening.

This one-day course trains delegates to champion mental health and wellbeing in their workplace. Delegates will gain an understanding of common mental illnesses and be given the knowledge to enable them to promote mental health awareness. The course gives delegates the basic knowledge to spot signs of mental ill health and the skills to support positive wellbeing for themselves and others.

This training course has been designed as an introduction to mental health to raise an awareness of how important it is to the workplace. The course provides an overview of mental health problems, outlining some of the symptoms and effects, and explains what you can do to help colleagues feel supported and encouraged. The course aims to promote positive mental health and demonstrate how easy it can be for employers to make adjustments in order to encourage tolerance and understanding in the workplace.

### Key features:

A practical skills and awareness course designed to give delegates:

- An understanding of common mental health issues.
- Knowledge and confidence to advocate for mental health awareness.
- Ability to spot signs of mental ill-health.
- Skills to support positive wellbeing.
- The 'nudge' agenda

### Who is this course for?

This training is for anyone in any level or sector. Everyone has mental health, whether it be positive or negative. It is recommended particularly to be run in an organisation who want to address stigma around mental health and promote the idea of being a company that embraces all levels of mental health. This can also be an opportunity to promote employee benefits such as Employee Assistance Programmes that can help support employees if they are struggling mentally.

The course is designed as an introduction to mental health and so no pre requisite knowledge or training is needed.

## Method

- Sharing of ideas, with interactive methods to connect individuals' experience
- Breakout group work on key issues & to aid learning using case studies
- Working together to pick apart and explore some key concepts
- Facilitated discussion with summary of key issues and learning

The course is delivered in 2 sessions either online or face to face which covers.

- Mental health and stress in the workplace
- Stigma and discrimination
- Depression, Anxiety disorders and other mental health conditions
- Early warning signs of mental ill health
- Alcohol, drugs and mental health
- How to help others using a framework
- How to build a mentally healthy place to work
- What other support do you need?

## Learning Outcomes

By the end of this course, learners will:

- Understand what is meant by 'mental health'.
- Be aware of the legal responsibilities that employers have in relation to mental health.
- Have an understanding of some of the most common mental health problems.
- Understand ways in which people can manage their individual mental health to make everyday living easier.
- Be aware of how to support a colleague with a mental health problem in the workplace.
- Understand how to promote a healthy, non-discriminatory working environment.
- Have knowledge of the workplace adjustments that can be made to help an employee with a mental health problem.

## About Debbie Kleiner

Workplace Wellbeing Specialist & MHFA England Certified  
Trainer MSc Workplace Health & Wellbeing, CPCAB Stress  
Management.

Debbie is a workplace wellbeing and training specialist based in Bristol. She ran her own health insurance business for 15 years before studying a MSc in Workplace Health and Wellbeing in 2012 and then becoming an MHFA instructor in 2018, initially in the SME & Corporate sector. She has a CPCAB qualification in Stress Management and runs a range of bespoke workshops in this area. Feedback from delegates is overwhelmingly positive and Debbie brings her

experience and broader context to her training by running interactive and engaging courses.

She started her working life in the advertising industry, moving on to renewable energy sector and then the FCA regulated health insurance sector. She has an in-depth knowledge of workplace wellbeing which she applies to all her work. Debbie is a regular speaker at various workplace wellbeing events & conferences covering mental health as well as workplace wellbeing. Debbie works closely with HR, Occupational Health, Health & Safety as well as business owners as an adviser and trainer. She is also a qualified life coach.

