



Psychological Health & Well-Being Training (PHeW)

Free Choices

Mental Health Awareness

Issues of mental health and its impact in the workplace is becoming ever more prevalent. This is an issue, which is gradually beginning to be addressed by the UK government and businesses. If individuals and businesses are to grow and flourish in a positive way, it is important to develop a greater awareness and implement effective strategies to manage this.

1 in every four people in the UK experience a mental health problem.

The Health & Safety Executives (HSE) Labour Force survey estimates on work-related stress and depression show:

The total number of cases of work-related stress, depression or anxiety in 2014/15 was 440,000 cases, a prevalence rate of 1380 per 100,000 workers.

The total number of working days lost due to this condition in 2014/15 was 9.9 million days. This equated to an average of 23 days lost per case.

In 2014/15 stress accounted for 35% of all work-related ill health cases and 43% of all working days lost due to ill health.

WHY IT MAKES SENSE TO PROMOTE GOOD MENTAL HEALTH

- ✓ Promotes human and business resilience
- ✓ Increases a sense of safety and wellbeing within your environment
- ✓ Demonstrates an organisations commitment to safeguard its people, which in turn can promote trust and loyalty
- ✓ Greater Personal & professional growth and co-operation
- ✓ Increased performance and productivity
- ✓ Improves company brand and organisational culture
- ✓ Enhances stronger social and business relationships
- ✓ Retains talent
- ✓ Increased communication skills and more satisfying social and business environments

Programme Content

Our qualified and experienced mental health trainers work with you to develop knowledge, practical skills & awareness in areas such as:

- Developing general level of knowledge in what constitutes a mental health issue
- Engaging with and supporting employees and colleagues in a person centred and sensitive manner
- Managing individuals who are affected by stress and mental health issues
- Recognising appropriate factors in relation to Duty of Care for supporting relevant individuals
- Identifying individual strengths and building resilience in dealing with mental health issues
- Recognising individuals in need of further assessment or support
- Sign posting, in order for individuals to access help for themselves

Delivery of the Training

Training will be interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, as well as, the daily practical application of the acquired knowledge and skills.



Contact us to find out more about our training programmes