



Aimed at

This two day workshop is designed to introduce staff to mental health issues that affect the workplace.

Course description & subjects covered

This course will cover four areas:

- Current UK legislation and expectations for companies managing workplace stress and mental illness
- Recognition and assessment of stress and mental illness in individuals
- Intervention skills and knowledge
- Sources of support

This course will include:

- Prevalence of stress and mental illness in the workplace
- Employment Law and Equality Act
- Health and Safety Executive Stress Management guidance
- Workplace mental health policies and procedures
- Case studies of effective interventions
- Common mental disorders in the workplace
- Differentiate between the effects of stress and anxiety/depression
- Recognition of symptoms: thoughts, feelings and behaviour
- Use of stress risk assessment tools
- Advanced communication skills
- Interview conduct
- Managing stigma - attitudes to mental illness and recovery
- Managing emotional crisis - acute anxiety, panic attacks and suicidal ideation
- Welsh legislation and well-being in the workplace
- NHS resources and referral
- Self-help resources
- The Good Work project - use of positive psychology in the workplace
- Understand current psychiatric treatment approaches including the use of medication

Entry requirements

There are no formal requirements for this course.

Cost

£195.00

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