

Covid-19 Bounce Back

Mental Health Training for Line Managers

Duration: 4 hours

Maximum : 20 Participants

Workshop Overview

As line managers return to the workplace after the UK lockdown, it is essential to equip them with the skills that they need to support their team's welfare after a period of great uncertainty.

Many employees have been affected by Covid-19 and it has been a stressful time for many in a variety of ways. As well as the management of their own self-care, line managers will need to be ready to identify, support and sign-post practical ways to support their teams to manage their stress, mental health and wellbeing as they return to work and for those who will continue to work remotely.

Mind in Somerset has joined forces with Hewlett Rand to organise this 4 hour training workshop to provide line managers with practical on the job skills to help deal effectively with stress and mental health issues that may arise.



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Objectives

After this workshop managers will be able to:

- Identify and respond to an employee's stress or mental health issues.
- Encourage an employee to openly discuss underlying issues affecting their stress and mental health.
- Sign-post internal and external support.
- Complete a Workplace wellbeing Assessment Action Plan.

Managers taking part will receive practical tools, activities, and handouts to supplement the course content.

Workplace Mental Health Trainers

Jessica McKeith, Trainer & Co-ordinator, Mind in Somerset and
Richard Lowe, Director of Training & Digital Learning.

In-house Workshop Option

This is a tailored in-house workshop for employers and management teams.



in Somerset

