

Employer Mental Health Training

2018 course brochure



Courses to raise awareness, build understanding and develop emotional resilience in your organisation.

Supporting better mental health in your workplace

Right now 1 in 6 workers is dealing with a mental health problem such as anxiety, depression or stress: this can stop people performing at their best.

Our range of concise mental health courses can help increase your employees' understanding of mental health issues and of how to support others. Complementing these is our range of wellbeing courses to help build emotional resilience and skills for dealing with stress.

We have provided training to commercial, public and third sector organisations across Manchester and take time to get to know our clients and their particular needs.

How does it work?

- » Pick from our standard course range, or we can tailor a course to your needs.
- » You choose the date, duration and location.
- » We come to you and provide an experienced trainer and all materials.
- » Group size of up to 12 learners.
- » Value for money: courses at a fixed price, not an individual rate. Sliding scale for private, public and third sector organisations with a special rate for small charities and small businesses (turnover of under £500k). Additional charges apply for tailored courses.

Open Access Employer Training

Want to access our courses but don't have the budget or enough learners to bring us in house? Have a look at our website for our range of open access training courses: dates throughout 2018.

For more information about how we can support better mental health and wellbeing in your organisation please visit our website or email us.

telephone 0161 769 5732

email training@manchestermind.org

twitter @manchestermind

website http://www.manchestermind.org/Employer_Training.php

Mental Health Awareness

Who is it for?

All employees and volunteers

Learner outcomes

- » Increased knowledge & awareness of mental health issues.
- » Understand how to communicate sensitively and effectively.
- » Awareness of how to support & signpost colleagues, customers & service users.

Learning aims

- » Challenge mental health myths and stereotypes.
- » Increase understanding of mental health issues and the impact that poor mental health has on an individual's life.
- » Increase knowledge and confidence when supporting people with mental health issues.

Course options

Half day
1 day
2 days
Multi-sessions

YES, basic introduction.
YES, with added modules on suicide & on self-care, plus extended discussion time.
YES, more detailed look at mental health conditions with extra group work and discussion time.
On enquiry.



Managing Mental Health in the Workplace

Who is it for?

All line managers

Learner outcomes

- » Line managers will gain practical insight into how to manage and support the mental wellbeing of their team.

Learning aims

- » Improve understanding of mental wellbeing in a workplace context.
- » Understand how to support and talk with an employee who is experiencing mental distress.
- » Understand the impact of 'presenteeism' and how to address it.
- » Understand how to support staff whilst off work and returning.
- » Understand what 'reasonable adjustments' are.
- » Reflect on your organisation's current practice.

Course options

Half day

1 day

2 days

Multi-sessions

YES, basic introduction. Attendees must first complete the 'Mental Health Awareness' half day course.

YES, with additional practical examples and exercises, plus extended discussion time.

YES, a more detailed look at mental health conditions with additional examples, exercises and discussion time.

On enquiry.



Wellbeing at Work

Who is it for?

All employees and volunteers

Learner outcomes

- » Understanding and building emotional resilience.
- » Strategies for dealing with stress & negative thinking.
- » Practical exercises including mindfulness and CBT.

Learning aims

- » Understand what emotional resilience is.
- » Improve understanding of the impact of stress and anxiety and strategies for dealing with them.
- » Understand the role of mindfulness.
- » Understand how Cognitive Behavioural Therapy (CBT) can help change negative thought patterns.
- » Understand how to set goals to improve your wellbeing and resilience at work.

Course options

Half day

YES, basic introduction.

1 day

YES, with added time on mindfulness exercises and a communication tool for use in the workplace.

2 days

On enquiry.

Multi-sessions

On enquiry.

"It provided a safe and supportive environment to 'take a breath' and reflect."

Wellbeing at Work



Mental Health Awareness & Supporting Young People

Who is it for?

Academic staff & anyone supporting young people

Learner outcomes

- » A better understanding of mental health issues and how to support & signpost students and young people aged 15-25 who might be experiencing difficulties.

Learning aims

- » Challenge mental health myths and stereotypes.
- » Increase understanding of mental health issues and the impact that poor mental health has on an individual's life.
- » Increase knowledge and confidence when supporting young people with mental health issues.
- » Setting professional boundaries
- » To consider self-care

Course options

Half days	Dependent on existing levels of knowledge.
1 day	YES
2 days	On enquiry.
Multi-sessions	On enquiry.

Bespoke courses

Our experienced training team can work with you to develop courses specific to your organisation's needs. Please get in touch to discuss your requirements.

Wellbeing in Later Life

Who is it for?

Employees approaching retirement (over 55s)

Learner outcomes

- » Focusing on wellbeing in later life, helping employees nearing or in retirement improve their emotional resilience.

Learning aims

- » Improve mood by teaching stress and mood management skills and relaxation techniques.
- » Helping people make positive plans, handle their worries and fears and acquire new life skills.
- » Improve confidence, maintaining and building social networks.

Course options

Half day

NO

1 day

YES – taster course, as two separate half-day sessions.

2 days

YES – delivered as four separate half-day sessions.

Multi-sessions

YES, six weekly sessions each lasting 2 hours per week.

"The course has given me tools to make my retirement years easier."

Wellbeing in Later Life



Building a Healthy Future: Living with a long-term condition

Who is it for?

Employees living with a long-term physical condition.

Learner outcomes

- » Better able to manage stress, and learn ways to live with the challenge of having a long-term condition.

Learning aims

- » Improve mood by teaching stress and mood management skills and relaxation techniques.
- » Helping people make positive plans, handle their worries and fears and acquire new life skills.

Course options

Half day

NO

1 day

YES, as 2 x half day sessions.

2 days

YES, as 4 x half day sessions.

Multi-sessions

8 week course (2 hours per week)

"I feel much better, more confident and able to sleep more. A very worthwhile course which I will recommend to others."

Building a Healthy Future



Mindfulness for Stress

Who is it for?

All employees and volunteers, particularly those who work in a high-pressured environment.

Learner outcomes

- » A reduction in stress levels, better sleeping patterns, reduced anxiety, as well as improved mood and overall wellbeing.
- » All course attendees are supported to establish a regular mindfulness practice.

Learning aims

- » Learn a variety of different mindfulness techniques.
- » Reduce some of the mental, emotional and physical suffering associated with stress – whatever its source.
- » Learn ways to apply mindfulness to all aspects of life, and new ways to look at any of life's problems.
- » Attendees will be required to establish their own mindfulness practise outside of the course sessions.

Course options

Half days	NO
1 day	NO
2 days	NO
Multi-sessions	8 week course (2 hours per week)



Manchester Mind is an independent local mental health charity which delivers advice, information and support to thousands of young people and adults every year.

Our vision is of a city that promotes good mental health and that treats people with mental health issues positively, fairly and with respect.

If you'd like to find out more or to get involved, please get in touch.

For more information about employer training courses from Manchester Mind please visit our website or email us.

telephone 0161 769 5732

email training@manchestermind.org

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website [http://www.manchestermind.org/
Employer_Training.php](http://www.manchestermind.org/Employer_Training.php)