



Mental Health Awareness Training



Mental Health is a **growing public health concern** in the UK.



602,000 work-related stress, depression or anxiety cases of in 2018/19 in Great Britain.¹

90% of people cited a **different reason than mental health** for their absence.²

This absence comes at a considerable cost to businesses, estimated at around £34.9 billion per year.³

Worse still, absent employees who don't receive the right support may decide to leave, contributing to further cost from increased staff turnover.





Employers are increasingly aware of the importance of supporting their staff, but may not have the necessary skills to deal with mental health issues. The right approach is key, as is early intervention, both of which can shorten absence leave and encourage a successful return to work.

Workplace Mental Health

While the stigma surrounding mental health is no longer as prevalent, many employees are still afraid to discuss their mental health with their employers.

Our Mental Health Awareness Training provides teachings around open, authentic conversations about mental health both on a personal and strategic level.

Nationally only 24% of managers have received a form of training on how to deal with mental health in the workplace,⁴ and yet the benefits of doing so are clear:

-  Gives employees the tools to keep themselves and their colleagues healthy.
-  Empowers people with mental health issues to thrive at work.
-  Stops preventable health issues arising by building a supportive culture around mental health.
-  Helps to embed positive, long-term cultural change across your organisation.

1. Health and Safety Executive. Work-related Stress, Depression or Anxiety Statistics in Great Britain 2019 [hse.gov.uk](https://www.hse.gov.uk)

2. Mind. Work is biggest cause of stress in people's lives 2013. [mind.org.uk](https://www.mind.org.uk)

3. Centre for Mental Health. Mental health at work: The business costs ten years on 2017 [centreformentalhealth.org.uk](https://www.centreformentalhealth.org.uk)

4. Business in the Community's Mental Health at Work Report, October 2017








Why choose BHSF Mental Health Awareness Training?

Our training and consultancy experts are here to support businesses in taking a proactive approach to mental health and minimise the impact on individuals and the organisation.

BHSF works in partnership with you to create a strategy for training staff to identify and address issues with mental health that is just right for you.

Mental Health Awareness Training does not teach people to be therapists, but to spot the signs of mental health problems. Individuals can then be encouraged to engage in conversation and seek the appropriate support.

BHSF Mental Health Awareness Training can help your organisation:

-  Define what is meant by the terms 'mental illness' and 'mental health'.
-  Identify the most common mental health diagnosis.
-  Recognise the symptoms of the most common mental illnesses.
-  Highlight the risk factors that may contribute to the development of a mental health problem.
-  Discuss recovery for those experiencing mental illness.
-  Challenge some of the stereotypes and stigma associated with the term 'mental illness'.
-  Identify ways to protect the mental wellbeing of themselves and others.

BHSF Mental Health Training courses are delivered in-house, remotely (virtually) or on-site.

Give your employees the knowledge and understanding to identify and support mental health in the workplace.

**Contact our enquiries team today on:
0121 629 1165 or visit:
bhsf.co.uk/mental-health-training**

If you are an existing customer, please contact your account manager.

Lines open Monday to Friday 8.45am to 4.45pm (excluding Bank Holidays).



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