



Mental Health Awareness

Training course

Mental Health is a growing issue in the UK and is often the underlying cause of long-term or short-term sickness absence.

Mental health sickness can create considerable costs for businesses, that are estimated at up to £56 billion per year¹. Worse still, absent employees who don't receive the right support may decide to leave, contributing to further costs from increased staff turnover².

Employers are increasingly aware of the importance of supporting their staff but may not have the necessary awareness or skills to deal with mental health issues. This training can support a proactive and preventative approach to managing employee wellbeing.

[View our training course](#)

Aim: To equip delegates with the skills, understanding and tools to spot the signs of mental health problems, engage in conversation and seek appropriate support.

Delivery options

This training can be delivered **virtually or face to face**, as a **full day** or **half day** session.

Outcomes for the recommended interactive session:

5-25 learners

Following attendance at this training you will be able to:

- ✓ Define what is meant by the terms 'mental illness' and 'mental health'
- ✓ Understand factors that influence 'mental health'
- ✓ Challenge the stereotypes and stigma associated with 'mental illness' (*full day sessions only*)
- ✓ Recognise the symptoms and characteristics of the most common mental illnesses, including depression, stress and anxiety, suicidal ideation, self-harming, trauma and psychosis
- ✓ Confidently engage in difficult conversations surrounding mental health concerns
- ✓ Identify recovery support for those experiencing mental illness (*full day sessions only*)
- ✓ Identify and engage in ways to protect your mental wellbeing and that of others

The Course

The right approach is key, as is early intervention, both of which can shorten absence leave and encourage a successful return to work².

Our Mental Health Awareness Training will benefit both the individuals suffering with mental health issues, those that manage them, and the organisation itself. Our expert training and consultancy are here to support your organisation in taking a proactive and confident approach to mental health.

A certificate of completion is provided to all delegates enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4 for half-day session, 8 for a full day.

Up to 8 CPD hours per delegate



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