

Supporting Mental Health at Work

Give your employees the skills required to support their own mental health and wellbeing.



Course Overview

Anyone can experience mental health difficulties at any stage of their life. Historically mental health has been something that many people don't feel able to openly acknowledge or discuss, which means problems all too often don't get resolved and only escalate.

Our Supporting Mental Health at Work online training course aims to change that. It gives staff a practical understanding of mental health and provides them with an action plan for improving their own mental health and wellbeing. Equally as importantly, though, it provides them with guidance on how they can help colleagues with their mental health and create an inclusive and supportive workplace culture.

Key Learning Points

- Understand what Mental Health is.
- Know the common forms of mental health condition.
- Understand the 5 step plan for better mental health and wellbeing.
- Understand signs that someone may be in need of support.
- Understand how to offer appropriate advice, help and support.

Learn More



Technical Requirements



Guide Pricing

1+ Licenses £29 per learner

11+ Licenses £25 per learner

21+ Licenses £20 per learner

51+ Licenses £15 per learner

101+ Licenses £10 per learner

*guide prices are per learner, per year

For 150+ learners, please contact us for a quote by telephone or email:

enquiries@delta-net.co.uk

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Great Value Package

You can buy this course on its own or for greater value why not buy the full package of Performance Training courses?

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