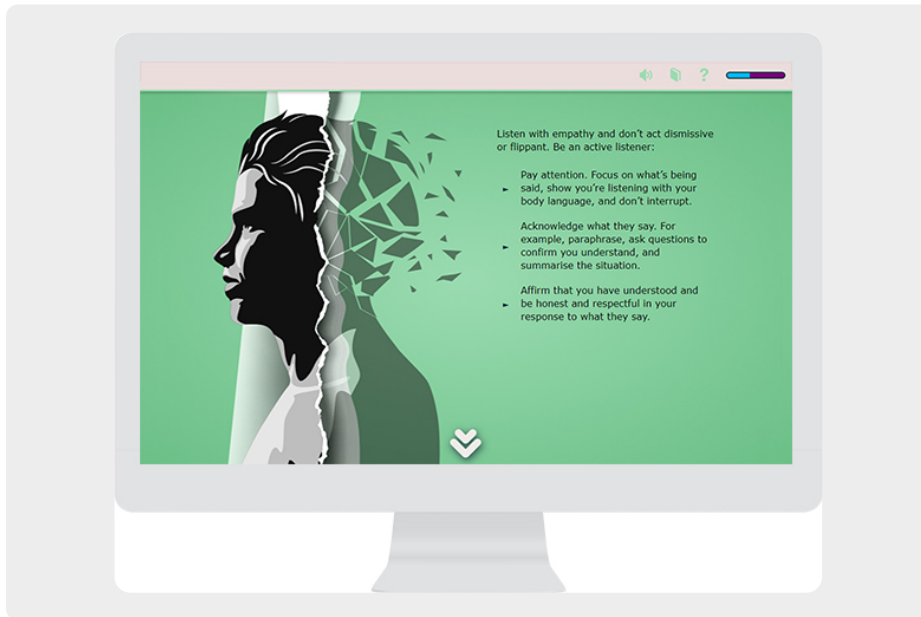


Supporting Your Colleagues' Mental Health



Course Overview

A key part of creating a positive mental health culture is knowing how to support your colleagues when they experience mental health problems. In this course, you will see how to offer an appropriate level of support and help a colleague access additional support if needed. By the end of this course, you will be able to offer an appropriate level of mental health support in the workplace.

Key Learning Points

- Explore what mental health is.
- Understand how to offer support to a colleague who may be struggling.
- Understand when a colleague may need to access additional 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

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