

MENTAL HEALTH in the Workplace



Mental Health in the Workplace Level 1, 2 and 3

A range of courses to suit all staff, managers and anyone responsible for managing and supporting those experiencing mental health issues in the workplace.

Learn more about topics including:

- Understanding mental health
- Supporting others
- Recognising and discussing issues
- Workplace support and responsibilities
- Promoting a healthy work environment
- Identifying and managing stress in the workplace

Understand how to create a healthy work environment that promotes openness and support for individuals who may be experiencing mental health issues.



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Mental health issues are on the rise. This may be because they are reported more frequently, but also because workload and stress at work is also increasing. An individual's psychological and emotional well-being is just as important as their physical health.

What we cover:

- Understanding mental health
- Recognising and discussing issues
- Responsibilities in the workplace
- Supporting others
- Promoting a healthy work culture
- Mental health recovery action planning
- Discrimination
- Stressors in the workplace

Level 1 - This half day course is ideal for all employees, providing a basic awareness of mental health in the workplace.

Level 2 - Alongside the above, students will learn more about how people are affected by mental health and understand how to deal with situations.

Level 3 - More suited to managers and those responsible for supporting those suffering from mental health issues in the workplace. Additional to the level 2 course, this covers the HSE guidelines and assessment procedures concerning mental health in the workplace.

The course is offered in a variety of learning methods.

Blended? Splendid!

By reducing time in the classroom and making a portion of the course available to be done online, you can complete the course at a time and location convenient for you!

This is called 'blended learning'. It's easy and it's much cheaper than a full classroom course too! Just go to www.promentalhealthintheworkplace.co.uk to register,

purchase and complete the online part of your course.

Once you've finished this, you can call us or visit www.procourses.co.uk to book your classroom session, completing your certification.

Classroom course? We're the source!

ProTrainings has over 1000 instructors across the UK, and is able to provide classroom-based training at your facility or off-site.

You can register for the course by visiting www.procourses.co.uk

Online only? Learn remotely!

Cover the same topics and gain the relevant knowledge, using only online learning. It's cheap, easy and convenient.

Learn at your leisure, any time, anywhere. Available on mobile, tablet and desktop, our courses are easily accessible.

To get started, visit www.promentalhealthintheworkplace.co.uk

Group booking? Now we're cooking!

The ProTrainings instructor network means we have full coverage of the UK, making us the perfect training partner for your company or institution.

If you require multiple courses or want to discuss your requirements, we can offer group rates and tailored solutions to serve your needs. Give us a call on **01206 805359** or visit www.procourses.co.uk and select 'group quotes'.