

FREE MENTAL HEALTH AWARENESS WEBINAR



SUPPORT

Gain the necessary skills to have a supportive, non-judgmental conversation with those who need it



CONFIDENCE

Possess the knowledge and confidence to guide colleagues to the appropriate professional support if they require it



AWARENESS

Promote greater awareness of mental health in the workplace and reducing stigma.

ABOUT THIS WEBINAR

Our mental health first aid webinar is the ideal introduction to mental health in the workplace and will cover:

- Understand what mental health is, why it is important and how change affects our mental health.
- Understand what the drivers to mental wellbeing are
- Awareness of the impact of poor mental health
- Awareness of the common mental health conditions
- Over view of how to recognise and manage stress
- How to self care and recognise when others need help
- Where to go for support
- Personal action plan

FURTHER INFORMATION

Date: 6th April, 20th April, 17th May

Time: 18:00 - 20:00

Please send training requests to the email address below quoting your account number and course code:

national-contracts@sja.org.uk

Account: E-CHES1099

Course Code: ECMHWE

Information we will need:

- Delegates full name <
- Delegates email address <
- Course date and venues you would like to attend <
- Your organisation <
- Your care community <

Please note that this webinar requires bandwidth sufficient for video conferencing with adequate sound functionality. We highly recommend checking this prior to starting the webinar.