



CREATING A SUPPORTIVE ENVIRONMENT



AT A GLANCE:

Course length: 15-20 mins

Video length: 3-5 mins

Languages: English

Mental Health Collection for Managers

Practical tips to help managers support their people and perform at their best.

What's included?

- Bite-size videos
- Interactive exercises
- Knowledge checks
- Workshop guide
- Series infographic

ABOUT THIS COURSE

Creating a supportive environment means treating mental health with the same care and attention you give to physical health. In this course, you'll learn how to proactively develop a culture of psychological safety and test your knowledge on the types of behaviours you should model to set the example for your team.

KEY INSIGHTS

- Don't wait until there's a problem, make mental health everyone's business
- Encourage positive mental health in the workplace
- Model healthy behaviours

“In its simplest form, Mental Health is about feeling good and functioning effectively.”
Dr Hazel Harrison

WHO AND WHY

For any manager looking to enhance their understanding of how to be proactive and create a supportive workplace environment.