

ABOUT THIS COURSE

HELPING AN EMPLOYEE STRUGGLING WITH MENTAL HEALTH PROBLEMS



video artsTM

Longer lasting learning



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

Understanding the support available to you, and to your employees, is critical in helping someone struggling with mental health problems. In this course, watch engaging video resources and test your knowledge on how you can help someone facing challenges, whether it's making changes to their role or recommending the next steps.

KEY INSIGHTS

- Encourage the employee to meet with their GP or mental health professional
- Focus on what can be done, take a positive proactive approach
- Monitor the changes to check they are helping

“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.