

ABOUT THIS COURSE
HOW TO HAVE A GOOD CONVERSATION
ABOUT MENTAL HEALTH



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 constructive conversation about mental health requires thought and planning. In this module you'll learn when to speak and when to listen, what questions to ask and how to create healthy boundaries for support... managers can't solve everything.

KEY INSIGHTS

- Ask open, curious questions (and give the employee time to answer)
- Try not to fall into the 'fix it all' mindset, help your employee generate solutions
- Help your employee feel supported by maintaining boundaries

“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.