

ABOUT THIS COURSE



video artsTM

Longer lasting learning

STARTING A 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

If you've made mental health conversations part of your regular 1:1's or "check-ins" this will help pave the way for further conversations. However, starting conversations about someone's mental health can sometimes feel difficult or awkward. In this module, get expert guidance on how to approach your team and test your knowledge on what is, and isn't, the right thing to say.

KEY INSIGHTS

- Make sure you have time to start the conversation
- Consider where you will talk and if it feels safe for the employee
- Don't worry about saying the wrong thing, focus on really listening

"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.