



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

Returning to work following a time away can be stressful, potentially exacerbating mental health problems. In this course, access engaging video resources and test your knowledge on how to develop a clear follow-up plan and support a smooth transition back to work.

KEY INSIGHTS

- Make time to connect before the employee starts back at work
- Make a wellbeing action plan
- Reduce (if possible) workplace triggers that impact negatively on mental health

“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.