Module Introduction
Module Introduction Mental Health

Interview
Dr. Hazel Harrison

E-Learning:
Creating a supportive environment
or Video:
1. Creating a supportive environment

Webinar Video Arts & Dr. Hazel Harrison - Managers Mental Health Webinar

2. You can't force fun

Blog What Can Employers Do to Support Mental Health?

Knowledge Check
Creating a supportive environment

Start

E-Learning:
How to have a good conversation about Mental Health
or Video:
1. How to have a good conversation about Mental Health

Blog The Changing Role of Management Conversations: Creating a Flexible Workplace

2. Show your vulnerabilities

Knowledge Check
How to have a good conversation about Mental Health

E-Learning:
Starting a conversation about Mental Health
or Video:
1. Starting a conversation about Mental Health

2. Asking for feedback about oneself

Webinar
Wellbeing Webinar

Knowledge Check
Starting a conversation about Mental Health

E-Learning:
Following Up
or Video:
1. Following Up

Webinar A Webinar For People Who Can't Stand Positive Thinking

2. You are not your emotions

Knowledge Check
Following Up

Infographic
Mental Health for Managers

E-Learning:
Helping an employee struggling with Mental health problems
or Video:
1. Helping an employee struggling with Mental Health problems

Blog Working From Home and Mental Health: How Employers Can Support Their Employees Remotely

2. Targeted acts of kindness

Knowledge Check
Helping an employee struggling with Mental Health problems

video arts
Longer lasting learning

Learning Pathway
Mental Health for Managers