

Target Audience

Managers who are supporting staff teams at different levels in a variety of roles and settings across housing, health, and social care.

This course is delivered using a range of methods and resources including:

- ◆ Face to Face tutor facilitation, questionnaires, videos, and scenarios for breakout groups, questioning and participation and an end of session assessment.

This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:

- ◆ Department of Health and Social Care – health and wellbeing of the adult social care workforce
- ◆ Skills for Care – Building your own resilience, health, and wellbeing
- ◆ HSE - Work-related stress and how to tackle it

Course Content

- ◆ Current legislation and initiatives to support Mental Health and Wellbeing
- ◆ Your role in identifying where and when support is needed
- ◆ Promoting a positive workplace culture
- ◆ Contributing to organisational systems which are mental health and wellbeing ready
- ◆ Planning actions for improving mental health and wellbeing in the workplace

Learning Outcomes

After attending this course, learners will be able to:

- ◆ List current legislation and initiatives to support Mental Health and Wellbeing
- ◆ State your role in identifying where and when support is needed
- ◆ Give an example of how you can promote a positive workplace culture
- ◆ Describe how to contribute to organisational systems which are mental health and wellbeing ready
- ◆ Action plan for improving mental health and wellbeing in the workplace

Duration: 3 Hours