



## Target Audience

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Managers, Housing and Support teams including Team Leaders, Deputy Managers and Managers who are working in a variety of settings and responsible for the wellbeing of staff members with your team.

This course has been developed to provide the learner with knowledge of the main forms of mental health problems according to the psychiatric classification system. The focus of this course is to understand the different ways in which mental health problems impact on a person and how this may impact on their work related performance.

It also explores the range of factors that can influence mental well-being and how to effectively promote good mental health and well-being.

During the COVID-19 Pandemic there has been a significant rise in people experiencing poor mental wellbeing in the workplace, and within this session we will action plan for supporting people affected.

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

- ◆ Live tutor facilitation, interactive polls, questionnaires, drawing tools, videos, 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:**

- ◆ The Pursuit of Happiness: A New Ambition for our Mental Health
- ◆ CQC Report: Right Here, Right Now
- ◆ Mental Health Foundation – How to support mental health at work

## Course Content

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- ◆ Main types of mental ill health according to the psychiatric classification system
- ◆ How mental ill health may be indicated through emotions, thinking and behaviour
- ◆ Discrimination, assumptions, and stereotypes
- ◆ The impact of mental ill health on people
- ◆ The different views on the nature of mental well-being and mental health and the factors that may influence both across the lifespan
- ◆ Effective strategies for promoting mental well-being and mental health with people and groups
- ◆ Benefits of early intervention
- ◆ Potential impact or poor mental wellbeing and health on performance at work
- ◆ Action planning for support

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ List the main forms of mental ill health conditions
- ◆ Outline the strengths and limitations of the system and explain alternative frameworks
- ◆ State how mental ill health can impact on people and others in their social network
- ◆ Explain the range of factors that may influence mental well-being and mental health problems across the lifespan
- ◆ Explain the steps a person can take to promote their mental well-being and mental health
- ◆ Describe how to support a person in promoting their mental well-being and mental health
- ◆ State the local, national, and international strategies to promote mental well-being and mental health within a group or community
- ◆ Explain the benefit of early interventions
- ◆ Describe the potential impact or poor mental wellbeing and health on performance at work
- ◆ Complete an action plan for supporting people affected

**Duration: 6 Hours**