

Mental Health in the Workplace Training

How to Understand and Support Mental Health in the Workplace

Mental health support and management programs require the involvement of all employees from the CEO to the frontline workers. Each employee must be educated on their individual responsibilities in order to efficiently and effectively carry them out. Companies who know the importance of employee involvement also understand the importance of solid training programs. These mental health training programs provide your managers and employees with the understanding that they need to support employee success when they or their colleagues are distressed. Our experts in adult education will provide your employees with practical mental health training programs to allow them to perform their duties safely and effectively in the workplace and to support coworkers in the workplace who are struggling with mental health conditions or distress.

Our Programs to Enhance Corporate Mental Health Training

Understanding and Supporting Mental Health for Frontline Supervisors: 3-4 hour training on supervisor responsibilities including goal setting for reducing the impact of mental health issues in their department. This program involves a customized toolkit of resources, interactive case studies and the following key information:

- What is mental illness
- How to recognize the signs of distress and harm and respond in a proactive way
- How to have the crucial conversation (focusing on support and not counselling or advising)
- How to provide tools and work adjustments to support stay at work or return to work
- Resources to offer employees

Mental Health Resiliency Training for Employees: One-hour customized employee education program including covering the skills and resources for caring for personal stress and coworkers that may be distressed

- Understanding stress and how it can be recognized in self and others
- How to build mental wellbeing through resiliency and How to offer and access resources

Mental Health eLearning Module for Employees customized on line elearning providing education to employees and coworkers on how to understand and support mental health in the workplace. This includes embedded videos and resources that can be loaded onto the learning and development website of any organization.