Course Description

Title	Mental health in the workplace
Subtitle	Good practice
Duration	25 mins
Short Description	**Knowing how to support the good mental health of your staff is key to having a productive and happy workforce that delivers for your organisation. This e-learning course sets out good practice for employers in managing employees' mental well-being.**
Introduction	Mental health is as important as physical health when it comes to ensuring that you have a healthy, happy and productive workforce. Yet many organisations are failing to value the psychological well-being of their staff and are suffering as a result. Combining original drama with analysis from business psychologists and mental health professionals and stories from people with lived experience, this e-learning course sets out practical ways of configuring your workplace to support the good mental health of all your staff. It shows how by raising awareness and making simple yet effective changes to working practices and culture, its possible to create a supportive and compassionate environment that enables everyone to give their best.
Learning outcomes	This course will give a better understanding of: • Why a change in workplace culture is often needed to improve management of staff mental health • Employers legal obligations to safeguard the mental well-being of their employees • Ways of gaining insight into mental well-being in your workplace • Practical measures you can take to support good mental health at work • The role of managers, peers, coaches and mentors • How to support people with mental health problems in the working environment • How to make reasonable adjustments • Managing absence and return to work
Course partners	West Kent Mind
Subject Matter Experts	Gordon Tinline- Business Psychologist Linda Doe . Apana Business Psychology
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include	Jill Roberts . CEO, West Kent Mind