

Course Description

Title	Mental health in the workplace
Subtitle	Managing stress
Duration	14:25 mins
Short Description	Workplace stress one of the leading causes of mental ill health in the UK today. This bite-size video briefing shows how being able to manage stress effectively is key to supporting the well-being of both your staff and your business.
Introduction	<p>Stress is a major problem for employers and employees alike, costing UK businesses and organisations billions of pounds every year and blighting the lives of millions of people in the workplace and beyond.</p> <p>Employers have a legal responsibility to protect the physical and mental health of their staff, and a key part of this is being able to minimise the risks posed by stress in the workplace. Combining analysis from leading business psychologists with powerful personal accounts from people with experience of stress-related mental health problems, this short video looks at the key triggers for stress and sets out practical steps that employers can take to reduce their impact and support general mental well-being at work.</p>
Learning outcomes	<p>This course will give a better understanding of:</p> <ul style="list-style-type: none"> • The impact of employee stress • Key triggers for stress in the workplace • How to spot the warning signs that someone may be suffering from stress • Practical steps to take to reduce stress and support good mental health • Employers' legal obligations with regards to employees' mental health • How good management, open communication and healthy working relationships are key to our psychological well-being at work.
Course partners	West Kent Mind
Subject Matter Experts	Gordon Tinline- Business Psychologist Linda Doe . Apana Business Psychology
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