Course Description

Title	Mental health in the workplace
Subtitle	Overview
Duration	25 mins
Short Description	**Mental ill health is now the most common cause of workplace sickness absence in the UK, costing employers billions of pounds every year in reduced productivity, poor service and recruitment costs. This course looks at the impact of poor mental health at work and explains why ensuring staff mental well-being should be a top priority for organisations across all sectors.**
Introduction	Mental health problems among staff pose a growing risk to employers. Yet the stigma attached to mental health still persists in many of todays workplaces and a lot of employers are unaware of the extent of the problem and how to tackle it - meaning that employees are not getting the help and support that they need and organisations are suffering as a result. Combining original drama, legal analysis, insights from business psychologists and mental health professionals and stories from people with lived experience, this e-learning course looks at common mental health problems such as stress, anxiety and depression and their impact in the workplace and provides an introduction to what employers can do to support the mental well-being of their staff.
Learning outcomes	This course will give a better understanding of: • The risks posed by mental ill health and the costs to employers • The importance of good mental health practice in the workplace • Employers legal obligations to protect the mental health of their staff • The need to tackle the stigma around mental health • The nature of stress and how to spot the warning signs that someone may be suffering • Why good mental health starts with good management practice
Course partners	West Kent Mind
Subject Matter Experts	Gordon Tinline- Business Psychologist Linda Doe . Apana Business Psychology

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