

Course Description

Title	Mental health in the workplace
Subtitle	Doing the right thing
Duration	12:31 mins
Short Description	Mental ill health among employees poses one of the most serious risks to organisations today - but many employers are unaware of the scale of the problem or how to tackle it. This bite-size briefing explains the importance of putting mental and physical health on the same footing and looks at what employers can do to support the psychological well-being of their staff.
Introduction	<p>Mental health problems cost employers billions of pounds every year in sickness absence, reduced productivity, poor customer service and recruitment costs. Yet the stigma attached to mental health still persists in many of today's workplaces, meaning that employees are not getting the help and support that they need and organisations are suffering as a result.</p> <p>Using a combination of legal analysis, expert insight and powerful personal testimony, this short video briefing looks at common mental health problems such as stress, anxiety and depression and sets out practical ways in which employers can support people with mental health issues and create a supportive and compassionate environment that benefits everyone.</p>
Learning outcomes	<p>This course will give a better understanding of:</p> <ul style="list-style-type: none"> • The risks posed by mental ill health and the costs to employers • Why it's essential to put employees' mental health on the same footing as their physical health • Why good mental health starts with good management practice and an open dialogue • Employers' legal obligations to protect the mental health of their staff • Practical means of supporting good mental health, such as flexible working and reasonable adjustments
Course partners	West Kent Mind
Subject Matter Experts	Gordon Tinline- Business Psychologist Linda Doe . Apana Business Psychology
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