MENTAL HEALTH IN THE WORKPLACE: A GUIDE FOR MANAGERS (WEBINAR)

Mental Health in the Workplace – A Guide for Managers
Webinar duration: 2hr
This webinar covers the following;

- Introduction to mental health; the definition of mental health and using the mental health continuum.
- Group chat box discussion on the impacts of poor wellbeing in 3 areas; our staff, us as managers, and our organisation.
- Stress Risk Assessment; supporting staff with stress, how and where to use/access the risk assessment, and the importance of using this in the workplace.
- Creating a mentally health workplace; what is within the remit of our role as managers.
- Introduction to legal principals; what are the 9 protected characteristics under the Equality Act and what does this mean.
- Two common mental health problems; Depression and Anxiety, what might these look like, resources for further information and recovery.
- Having a conversation with our staff, what is within the remit of our roles and our limitations, (boundaries, duty of care).
- Skills practice; group discussion using chat box on a scenario with 3 prompting questions.
- Wellness Action Planning- a tool for a structured conversation around mental health, where and how to use/access this.
- Looking after ourselves and keeping ourselves safe.
- This webinar is followed up with an email of signposting resources, publications and further reading from SAMH and NHS GG&C.

This free webinar is aimed at line managers, team leaders and supervisors working within NHS Greater Glasgow and Clyde settings.

This webinar is designed to help managers support and maintain good mental health and wellbeing for staff, particularly in relation to COVID-19 experiences.

Course	Date	Time	Platform
Mental Health in the Workplace: A Guide for Managers	21/06/2021	2-4pm	Microsoft Teams

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21st June 2021;
https://www.eventbrite.co.uk/e/mental-health-in-the-workplace-a-guide-for-managers-tickets-145309409355