

MENTAL HEALTH AND WELL-BEING

A 90 minute online programme for MANAGERS AND SUPERVISORS



This 90 minute online programme helps us to recognise when people need support for their mental health and wellbeing. We consider the factors which contribute to poor mental health and we discuss tools and techniques for promoting wellbeing and creating a workplace in which people, and businesses, can thrive.

Quite apart from the moral responsibility to look after our colleagues, there are obvious benefits in working alongside people with good mental health.

Topics include:

- Mental health on a sliding scale from thriving to ill health
- The difference between stable states and temporary traits
- The stigma around discussing mental health
- Active listening as a crucial intervention skill
- Risk factors for mental ill health
- Developing a wellness action plan

This online course draws from recent research and our experience of running interactive safety leadership programmes for over 20 years. The course is moderated by an AKT facilitator, using discussion forums, bespoke films and live skills practice sessions with characters from the films in real time.

