

# Mental Health Support

## Workshop - 2 Hours

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Anyone can be affected by a mental health condition, either personally or through supporting a family member, friend or colleague. This course is suitable for everyone as it provides learners with the knowledge to recognise a suspected mental health condition and the skills and confidence to start a conversation and be able to signpost a person towards professional help. This course is a great stepping stone into First Aid for Mental Health as it introduces the basics.

**Anyone can be affected by a mental health condition, and there can be temporary or long term. It is key to have the skills to start a conversation and be able to listen empathetically without judging or solutioning to then know when to signpost a person towards professional help.**

## Content

The Mental Health Support workshop creates a space to openly discuss mental health and the challenges it brings to the work place, as a employee or manager, whilst sharing tools to feel equipped to have safe and empathic conversations.

- Understanding mental health
- How to have a mental health conversation
- Effective questioning and reflective listening
- Reading messages
- Vicarious Trauma
- Understanding when to refer on
- Keeping productivity

## Format

The sessions are facilitated by experts from our EDI team and can be delivered virtually or face to face, with the option to be extended to a half day with more detailed information and examples.

For managers, there is the option of one day workshops with more practice and further information.

