



Mental Health Overview

HR, Leadership and Team Management Skills



Introduction

Understanding the complex topic of mental health can be daunting, especially when you are dealing with individuals who suffer from poor mental health in the workplace.

Although this two-hour module can only focus on the most common issues we usually deal with, it is a great introductory session for anyone who manages people and has a limited knowledge of the subject.



Course Duration

SSG offer this module as part of a full or half day course which can be delivered as a classroom or virtual course.



Course Attendees

This module is suitable for SME owners, directors, senior managers, team leaders and supervisors.



Course Programme

- What is 'mental health' and what impacts on it?
- Most common mental health conditions
- How to look after yourself and others



Training Certification and Assessment

Following successful completion of training, SSG course attendance certificates will be issued which are valid for three years. It is recommended that certification is renewed every three years to ensure those persons responsible are kept up to date with best practices.



Suggested Follow on and Complementary Courses

This module can be combined with other subjects for a half or full day course. Please contact our Customer Service team for more information.