

Fact Sheet

MENTAL HEALTH AWARENESS FOR MANAGERS



Overview

This course equips managers to foster a supportive and healthy workplace, emphasizing the importance of mental health. Participants will learn to recognize signs of mental distress, initiate supportive conversations, and refer employees for professional help. It also promotes personal well-being through boundary-setting and resilience-building tips. Aimed at managers, the course offers accessible strategies to enhance mental health awareness and support in the workplace.



Duration:
20 Minutes



Assessment:
Formative
assessment



Price:
£5.00



Certificate:
Yes – Highfield
Completion Certificate

Areas covered

- Why mental health at work matters and what managers can do to support it
- Identify practical strategies to engage in mental health conversations and support employees
- Identify ways to manage your own wellbeing while supporting others

Who is it aimed at?

This course is designed for managers, supervisors, and team leaders in any sector who want to promote positive mental health in the workplace. It is also suitable for organisations looking to enhance their approach to supporting employee wellbeing.

