

Mental Health Workshops

We can tailor each workshop to meet your needs in terms of content, audience and duration.

Mental Health Awareness

A short introductory course which is suitable for everyone in the workplace.

Duration - 45 mins – 1 hour

- Mental health vs Mental wellbeing
- Definitions and strategies for managing depression, anxiety and stress/burnout
- How to look after your own mental health

Fee: £250 + travel from Perth +VAT

Managing Mental Wellbeing at Work

For managers, team leaders and those with staff responsibility.

Duration - 2 hours

- What is wellbeing?
- Mental health vs Mental wellbeing
- Definitions and strategies for managing depression, anxiety and stress/burnout including HSE management standards on stress
- How to respond when an employee discloses mental ill health
- Ways to promote mental wellbeing in the workplace

Fee: £350+travel from Perth+VAT

Mental Health Awareness

A short course aimed to help staff working in a caring role to consider how to look after their own mental health, as well as gain an awareness of working with people who are experiencing mental ill health.

Duration - 2.5 hours

- How to look after your own mental health
- Definitions of depression, anxiety, schizophrenia and burnout
- Risks when working with customers with mental health issues
- How to get better outcomes for people who have mental health issues, adapting our approach

Fee: £350 + travel from Glasgow + VAT

Suicide Awareness

A short workshop to help create awareness and knowledge of how to respond to someone who is feeling suicidal.

Duration - 2.5 hours

- Signs that someone may be feeling suicidal
- How to respond if someone is feeling suicidal
- Common misconceptions about suicide
- Self care when supporting someone that is feeling suicidal

Fee: £350 + travel from Glasgow + VAT