



# Understanding & Managing Mental Health for Managers – Live Webinar

**3** external CPD points

## Introduction

This live webinar has been designed to increase a manager's confidence and competence in leading the conversation around mental health with an employee.

We have included a section on looking at the emotional impact of Covid-19 as we recognise that managers are in the front line and have that all-important day to day contact and have a vital role in creating a positive workplace environment. The session also underlines the importance of manager self-care and building personal resilience.

## Course Structure

- **2.5 hour webinar**

## Webinar Objectives

- Raise awareness of the organisational benefits of a positive approach to mental health; a clear understanding of the key facts and figures about mental illness
- Acknowledging the impact of the current pandemic on mental health
- The mental health spectrum – recognising the early warning signs and symptoms of common mental health conditions
- Unpicking stress and HSE Stress Standards
- The role of the supervisor in managing employee health issues – early intervention and providing support
- Develop the professional skills as a manager to identify, discuss, signpost and support an individual with a mental health issue
- Understand how to achieve good emotional resilience – the building blocks for improvement and the importance of self-care

To book or enquire about this programme please contact us:

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