

MIND GAINS

Mental Health Awareness in the Workplace

HALF DAY SESSION

An interactive session suitable for anyone who would like a better understanding of mental health and wellbeing in the workplace

THIS SESSION AIMS TO RAISE AWARENESS OF MENTAL HEALTH, AND TO UNDERSTAND AND RECOGNISE CAUSES, SYMPTOMS AND SUPPORT OPTIONS FOR MENTAL HEALTH PROBLEMS

What's covered?

- What we mean by mental health and mental distress
- The importance of promoting wellbeing and good health
- Common mental health conditions, signs and symptoms, causes, treatment and support
- How to respond sensitively and effectively in a crisis

For more details visit mind-gains.com. For enquiries or to discuss your team's requirements, contact us at (01273) 454889 or at info@mind-gains.com