



Mental Health and Wellbeing Training



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Who we are

Simplifying healthcare | Improving lives

Mental health and wellbeing training is part of Healthhero, a digital-first healthcare company with the aim of helping businesses better meet the health and wellbeing expectations of their key people segments - from employees to policy holders.

We have been delivering training in person and online over many years to different audiences working with global airlines, manufacturers, major retailers, renewable energy providers, care homes, universities and other commercial organisations.

We have a flexible, person centred approach to our training delivery adapting our content to suit individual customer need.

We are passionate about what we do by developing **confidence** in looking after own mental health and wellbeing and also in holding supportive conversations with colleagues.





About our training

Building confidence in talking about and looking after mental health and wellbeing

“Fabulous session, brilliant guidance on the type of language and questions to use when having conversations with colleagues.”

“Best takeaway, knowing the signs that someone could be suffering and that I am part of a support system as Manager.”

“I don't need to “fix” the problem; just listen.”

“Really got me thinking; lots to try. Thank you.”

“Wellbeing, everyone feels and reacts differently, we must all help ourselves but also understand the support we have in work and outside of it.”

“Really helpful; feeling more confident in dealing with any issues that may turn up and helping in the best possible way forward for my team.”



Managing mental health well

Managing mental health well is an interactive workshop that provides managers with the confidence to manage mental health problems likely to be presented in the workplace.



Duration:

3.5 hours including breaks

Audience:

Managers, team leaders, supervisors

Aims:

To promote a mentally healthy working environment and enable managers to develop strategies in managing mental health issues in the workplace and in building **confidence** to hold supportive conversations through a 5-step framework.

Delivery:

Sessions are delivered using real life experiences combined with theoretical approaches and interactive exercises individually tailored to each group.

Learning objectives:

- Awareness about looking after own mental health first
- Explore the concept of mental health and the continuum from positive mental health to mental ill health
- Set the scene in respect of the legal obligations for managing mental health in the workplace
- Understand the difference between short-term distress, stress, common mental health and mental illness and, explore the potential impact in the workplace and the difficulties for managers
- Build emotional resilience and support, reinforcing the role of the EAP, internal and external support agencies, and understand how to signpost appropriately
- Introduce the 5-step framework for supportive conversations:
 - Understanding your role
 - Actively listening
 - Encouraging self-solving
 - Joint action planning
 - Evaluation and reflection



Wellbeing supporter training

Peer support skills-based training programme delivered both face to face and online. It provides a safe space to reflect on supportive conversation practice whilst increasing self-awareness, emotional intelligence, developing a better understanding of others and signposting where appropriate.



Duration:

16 hours over 4 days

Audience:

Employees who wish to develop applied skills as Wellbeing Supporters and also Mental Health First Aiders, Wellbeing Champions who wish to upskill

Aims:

Providing the **confidence** to hold supportive conversations with colleagues with the aim of preventing September's distress becoming December's mental health problem.

Delivery:

Sessions are delivered using real life experiences combined with theoretical approaches and interactive exercises individually tailored to each group.

Learning objectives:

- Be able to listen to colleagues
- Encourage the building of connections where people can talk in a safe space about any stressor
- Increase understanding of common mental health problems in the context of the workplace
- Increase individual confidence when supporting mental health and wellbeing issues in the workplace
- Encourage conversations on mental health and wellbeing in the workplace
- Encourage the increase of help-seeking behaviours in the workplace
- Decrease stigma surrounding mental health in the workplace

During the 4-session experiential training attendees will participate in supportive conversation practice, will learn why listening matters and how to build trust all with a focus on empathy.



A practical toolkit to help your wellbeing and resilience

An introduction to mental health and resilience and how developing our own personal action plan can support our own mental health.

**Duration:**

1 hour including Q&A

Audience:

Anyone

Aims:

This webinar is a bite-size introduction to some key self-care strategies, which can be applied daily to help support and cultivate good mental health.

Delivery:

This webinar is delivered via Zoom and provides an A.C.T.I.O.N. plan outline that attendees can use to support their own mental health and wellbeing.

Learning objectives:

During our lifetime we can often find ourselves facing challenges and it can be helpful to understand the impact difficult times can have on our work, relationships and our overall wellbeing.

This is a bite-size introduction to key strategies that we can use to support our mental health and wellbeing during these times.

We will look at:

- What is mental health and resilience?
- Identify how stressful and challenging events can impact our mental health and wellbeing
- Develop an A.C.T.I.O.N plan tool to support our wellbeing applying key strategies



FAQs

How are courses delivered?

We deliver courses online, in person and in a mix of both.

What platform do you use?

Zoom works best for training delivery allowing a safe space to contribute freely and allows a more flexible experience for small group practice.

How many people can attend?

Sessions are up to a maximum of 14 with minimum of 8. Webinars are up to 50 people.

Can I record sessions?

Due to the interactive and experiential nature of the training recording is not permitted.

Is there pre-training reading or pre-training slides?

Our training courses provide all necessary pre-start information allowing attendees to make the most of the learning experience.

Do you deliver other courses?

We deliver bespoke courses for our EAP customers. Get in touch to find out more.

Who delivers your courses?

Our trainers are all counsellors with many years' mental health training experience and have worked in multiple business sectors with varied audiences.

What about attendance?

We encourage attendees to be fully present to gain maximum knowledge and skills. Our wellbeing supporter training builds on each of the 4 days and as such full attendance in all sessions is required.

Want to know more? Email:
training@healthhero.com



