



To Nick Pahl

Online course: An Introduction to Mental Health

Authored by Ann McCracken.

Award Winning Author on mental health issues.

Objective:

To reduce the costs of poor mental health on offices.

Background:

Its value is in increasing productivity in your workplace and reducing the costs associated with presenteeism and absenteeism.

The course will do this by helping everyone understand mental health and how it affects us all.

This will enable them to better identify, understand and cope with the symptoms of poor mental health within themselves and their colleagues.

Everyone will now be able to support everyone else.

Learning Content:

Mental health is explained

Banishing the stigma of poor mental health

The fluidity of mental health. The mental health continuum

The main causes triggering poor mental health in the workplace

Coping strategies

Identifying the symptoms of poor mental health

Preventing poor mental health

Improving and managing poor mental health

Supporting those with poor mental health

Wellbeing and Mindfulness explained with examples

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Who is the Course for?

Everyone in the workforce.

The course is designed with everyone in mind, not just for yourself and your managers.

We believe that by educating and raising awareness of workplace mental health, we can help you reduce the costs of poor mental health affecting your Organisation.

The heavy costs associated with presenteeism and absenteeism can be reduced and you will have a happier healthier workforce!

Full details: <https://www.hub-4.co.uk/mental-health-awareness-online-training-course/>

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