



Workplace training from Centre for Mental Health

Three-hour onsite training sessions

Reduce sickness absence and improve productivity

Better health in your workplace

At any one time in the UK one worker in six will be experiencing depression, anxiety or problems related to stress, yet fewer than a quarter seek and receive treatment.

- Centre for Mental Health workplace training can help your managers and staff to recognise problems early and respond confidently;
- Managers who completed the training have reported significantly increased confidence to pick up early signs and symptoms and support staff to seek professional help;
- After just six months, two out of five managers reported that they had already used the training.

“Mental ill health is the second largest cause of time lost due to sickness absence in UK organisations¹”

¹Chartered Institute of Personnel and Development CIPD (2008 Absence Management survey report)

Why book a Centre for Mental Health workplace training session?

- Depression or anxiety affects one in six workers at any one time;
- Improving the management of mental health in the workplace can save 30% of the cost of sickness absence and reduced productivity. This equates to an average saving of £1,800 a year per affected employee;
- Centre for Mental Health workplace training uses a three-hour programme to train managers to spot depression or anxiety at work
- The modules are delivered by accredited facilitators with a degree-level qualification in mental health;
- Training is delivered onsite and in one complete session, saving you time and money.

“Of all the things we have done at Rolls-Royce to improve employee health this is one of the best initiatives in this area. Unlike a first aid course, where new skills might never be used, the training gave managers skills that they could use immediately.

The concept of occupational health has changed dramatically over the years. We don't treat and manage ill health at work, now we try and prevent ill health. You don't wait until people fall off the precipice and actually become ill- you prevent it.”

Dr. Ian Lawson, Chief Medical Officer, Rolls-Royce PLC.

Who should attend?

We have a range of courses suitable for every organisational level: senior executive teams, people managers and employees.

Cost

Centre for Mental Health Workplace Training costs between £500- £1,950 per group, depending on the type of training and session length. The cost of the training covers participant training materials provided by the Centre and qualified trainers.

Get the training

To find out how Centre for Mental Health workplace training can benefit your organisation or to discuss specific requirements for your workplace call us on (44) 020 7827 8300, email training@centreformentalhealth.org.uk or visit our website www.centreformentalhealth.org.uk/training

Centre for Mental Health finds practical and effective ways of overcoming barriers experienced by people with mental health problems so that they can make their own lives better with support from the services they need. We are a registered charity who identify the barriers to equality for people with mental health problems. And, through research, development and analysis, we find ways to overcome them and advocate for change.

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