

# MANAGING MENTAL HEALTH

A 2.5-hour practical learning nugget for up to 10 participants

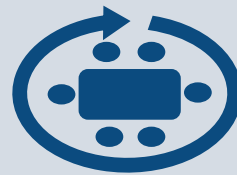
Can be delivered face to face or virtually on Zoom or via your own company platform

This practical, focused and supportive session will help participants become aware of the benefits to them, their colleagues and the business in learning how to manage CMHPs in the workplace. They will learn the common early tell-tale signs of mental ill-health and learn about ways they can support their colleagues by responding compassionately and listening empathically.



## WELCOME AND INTRODUCTIONS

Benefits of developing skills around managing mental health at work; outcomes and agenda



## HOLDING MENTAL HEALTH CONVERSATIONS

The key skills for holding effective conversations around CMHPs at work are introduced.

## COMMON MENTAL HEALTH PROBLEMS (CMHPs)

Exploration of CMHPs and how to recognise them in yourself and others. If comfortable, participants share their own experienced of CMHPs in themselves and/or others.



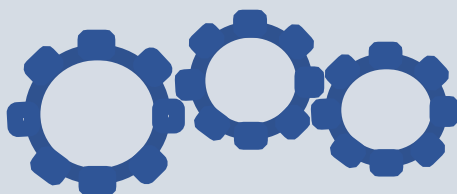
## RESPONDING WITH COMPASSION

Supporting people at work, removing judgement and maintaining open lines of communication. How to respond to people with compassion and empathy.



## EMPATHIC LISTENING

The importance of listening with empathy, putting yourself in their shoes. How to show you're listening. Listening exercise.



## ACTION PLANS AND INTEGRATION

The session is summarised and actions are planned and shared across the group