

Mental Health Manager

E-Learning

This course is designed to assist managers in supporting employees who may be experiencing mental health challenges.

2 Hours



Online Learning

About the course

This course provides learners with essential knowledge on recognising signs of poor mental health. It offers guidance on managing individuals experiencing mental ill-health or those with diagnosed a mental health condition.

Each module explores actionable steps managers can take to support employees and how these steps can be implemented. It's important to note that this course does not endorse self-diagnosis of any conditions. Instead, it emphasises seeking guidance from mental health professionals when necessary.

Who should attend

This course is suitable for those in a management position who want to understand and improve their knowledge, skills, behaviours, and confidence in managing employees at their workplace with potential mental ill-health or mental health conditions.

Please be aware that this course focuses on employees in the workplace and covers subjects that some people may find overwhelming. If a learner feels overwhelmed, they can leave the course anytime. However, if you feel in advance that this subject may be overwhelming for the learner, please do not book them on the online course without first asking them whether they feel comfortable carrying out the course on their own. If the learner is unsure whether this topic suits them, please encourage them to contact us to discuss their concerns. For support with your mental health, please get in touch with Samaritans on 116 123, or NHS 111.

Course syllabus

The course modules cover:

- Define what is meant by mental health and mental ill-health and why people take leave
- Describe common mental health conditions
- Identify ways to manage a person experiencing mental ill-health
- List reasonable adjustments for those with mental ill-health and implement where appropriate
- Identify the role of mental health-trained employee and human resources (HR)
- Identify the importance of empathy when communicating with someone experiencing mental ill-health.

Certification

Delegates will receive a printable certificate in Mental Health Manager upon completion of the course.

For General Queries

Contact our customer services team:

workplace-training@sja.org.uk

Or call us on

0344 770 4800

Lines are open Mon-Fri 8.30am-5.30pm

**St John
Ambulance** 