

Mental Health Taster Session

DURATION: 2 hours **DATES:** 16th May 2019 - Manchester City Centre
17th May 2019 - Knutsford, Cheshire

This session is aimed at those who have an interest in mental health at work and would like a broader understanding of how we can effectively offer support to individuals whilst balancing the needs of the business.

What is mental health?

Discussion and definitions of mental health.

Case study activity

Workplace scenario, group discussions and tutor led feedback.

How do we view mental health?

Not everyone understands how to respond to those experiencing mental ill health and employee problems can be made worse by the stigma and discrimination they experience at work. We will consider the views we hold about mental health and how the language we use may be viewed as dismissive, offensive or hurtful.

Roles and responsibilities

We will look at the role and responsibilities of the employer, the manager and the individual in managing mental health. We discuss how employers can offer support, the duty of care and how to recognise when professional help is needed. We will also highlight reasonable expectations that we can have from an individual experiencing mental ill health.

Workplace considerations

The legal and practical aspects of managing mental health in the workplace are important to consider. We will discuss the implications of The Equality Act 2010, reasonable adjustments (how far do you have to go?), bullying & harassment and discrimination.

For more information about how Oakridge can support your organisation, including the workshops we offer relating to mental health, wellbeing, resilience, stress and mental health first aid; please contact **Natalie Griffiths, Oakridge's Business Support Manager** on:

Tel: 0161 327 2031 Mob: 07946 291687

Email: natalie.griffiths@oakridgecentre.co.uk Web: oakridgecentre.co.uk

IMPROVING BUSINESS PERFORMANCE THROUGH YOUR PEOPLE



People are at the heart of your business and ours.

Organisations achieve outstanding results when their people are properly led, deeply engaged, challenged and supported through recognising their well-being needs. Oakridge provides individual and organisational support through delivering a series of programmes and workshops which includes mental health awareness and mental health first aid programmes.

When your people excel – your business excels.

We do this by providing individual coaching, leadership and team development programmes and workshops. Some of the practical strategies we work through with organisations include:

- **How to recognise early signs of stress and mental ill health and offer support**
- **How to provide proactive and preventative support – offering workshops such as personal resilience, keeping life in balance and handling stress in yourself and others**
- **How to promote healthy workplace campaigns to support managing absenteeism and long-term absence**
- **How to hold difficult conversations compassionately**
- **Understanding and managing mental health in the workplace workshops and we deliver a certified Mental Health First Aid programme (MHFA)**

Our team are on hand to discuss your organisation's requirements.

Please do contact our Business Support Manager, Natalie Griffiths, who will arrange for a no obligation discussion with one of our specialist consultants.

Email: natalie.griffiths@oakridgecentre.co.uk Telephone: 0161 327 2031.

Oakridge is an internationally recognised and award-winning consultancy and training provider. We work extensively with companies on organisation design and development, strategy implementation and leadership alignment.

We provide our leading-edge thinking and work in three key areas:



Engaging Leaders



Team Effectiveness



Performance Coaching

The Oakridge logo graphic consists of four small circles of varying shades of green and yellow arranged in an arc above the word 'oakridge' in a lowercase, sans-serif font. The 'o' is green, the 'a' is yellow, the 'k' is green, the 'r' is yellow, the 'i' is green, the 'd' is yellow, and the 'g' is green.
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“Such engagement has never been so important nor such a critical factor for achieving the results you need from the people you value.”