

MENTAL WELLBEING PROGRAMME

Creating and managing a healthy workplace

MAHI TAHI - WORK TOGETHER



AT A GLANCE



BMINZ Certificate



4-5 Hours



At your place or ours

COURSE PURPOSE

A healthy workplace is one that invests in the physical and mental health and wellbeing of people, through good health and safety practices. A healthy workplace works with its team to ensure no aspects of the business are harmful, and helps its people to be mentally healthy and strong.

Research recognises if you improve the mental health of the people, you will naturally improve the mental health of the workplace, resulting in greater productivity.

Positive mental health is an essential part of our overall health and wellbeing.



The Mental Wellbeing programme provides individuals, teams and managers with the tools to:

- > Understand mental health and its impact on individuals and organisation
- > Recognise signs & symptoms
- > Approach and respond to those who may be struggling with their mental health
- > Develop strategies to help themselves and others; build resilience and manage stress

WHY MENTAL HEALTH IS IMPORTANT

It is a legal responsibility for workplaces to manage risks to mental health, just as they do any other health and safety risk. There is a huge need for a proactive approach in the workplace towards positive mental health of all employees.

Mental unwellness can affect people's abilities to do their jobs. With the right support, mental wellbeing can help reduce work stress and prevent psychological harm.

Organisations that encourage and support positive mental wellbeing largely have more contented people and a more engaged workforce, resulting in a more enjoyable workplace and ultimately a healthier business.



5 WAYS TO WELLBEING

Connect

Talk & listen, be there, feel connected

Give

Your time, your words, your presence

Take
Notice

Remember the simple things that give you joy

Keep
Learning

Embrace new experiences, see opportunities, surprise yourself

Be
Active

Do what you can, enjoy what you do, move your mood