

Experienced corporate mental health training providers

The leading provider of mental health training packages in Wales - now available throughout the UK and worldwide.

Improving mental health at work training packages

If you are an employer looking to improve the mental health of your workforce we have a training course to suit you. All courses are run by experienced health professionals.

Course benefits:

- Improve the mental health of staff members
- Reduce mental health stigmatisation in the workplace
- Create a mentally healthy workplace
- Create a workplace environment where it is ok to talk about mental health
- Enhance your organisation's reputation to one of a caring and supportive employer
- Reduce absenteeism and time off through mental health problems
- Improve relations in the workplace
- Raise morale and increase productivity
- Retain valued and highly trained members of staff
- Increase resilience
- Increase employee motivation, commitment and attendance
- Help you and your managers to better understand and support people with mental health problems
- Help employees return to work
- Give you the right skills to support people who are showing symptoms of mental ill health such as stress, anxiety or depression.



Courses for everyone - Whether your company is large or small we have a training course to suit your needs.



Improving employee mental health and wellbeing

- 6 weekly sessions or intensive one-day masterclass

(up to 12 delegates)

Suitable for anyone with an interest in learning about mental health and specific strategies used to enhance and improve mental health and wellbeing.

Course content:

- ① **Course introduction:**
What is cognitive behavioural therapy? How cognitive behavioural therapy can be used to help us improve our mental health and wellbeing.
- ② **Thoughts:**
How negative thinking can impact on our mental health and wellbeing, and how we can notice and challenge these thoughts.
- ③ **Moods/Emotions:**
Identifying moods, distinguishing moods from behaviours and situational factors, and techniques we can use to improve our mood.
- ④ **Behaviours:**
How our behaviours can impact our mental health and wellbeing, and techniques we can use to increase positive behaviours.
- ⑤ **Physical symptoms:**
How our physical health can be impacted by our mental health, strategies to improve our physical health including sleep, diet and exercise.
- ⑥ **Course overview and moving forward:**
Maintaining progress, preparing for setbacks, and next steps.



“Getting together as a group really helped to share thoughts and discuss challenges as it made me feel human and gave me a support network in work.”

Previous course delegate





Reducing absenteeism and presenteeism in the workplace

- half day management training course

(up to 12 delegates)

Introduction into what drives absenteeism and presenteeism in the workplace. This course provides delegates with a background into sickness absence statistics, what causes employees to take time off work through ill health, and what we can do to reduce sickness absence and prevent it.

Suitable for anyone looking at improving the workplace environment, retaining highly valued members of staff, reducing sickness absence rates, and preventing the ill health of their employees



Introduction to Mindfulness

- 6 weekly sessions or intensive one-day masterclass

(up to 12 delegates)

The course is suitable for people interested in how to begin and develop a mindful practice in a practical, down to earth way, consider the benefits of doing so and at the end of the course be confident in their mindfulness journey.

Benefits of mindfulness include:

- Calm mind and body for a greater sense of wellbeing
- Reduced stress
- Reduced anxiety
- Better sleep quality
- Reduction of negative feelings such as depression, anger, and tension



"I thoroughly enjoyed the 6 week course which has flown by. The weekly sessions and homework have been extremely helpful in starting me on my mindfulness / meditation journey...Our course leader has been a pleasure to see every week with her positive, uplifting approach to us as a group and mindfulness as a whole."

Previous course delegate





Mental health masterclass

- One-day course, everything you need to know about mental health

(up to 12 delegates)

Course content:

- Overview of all major mental health diagnoses including, depression and anxiety.
- Overview of evidence-based interventions used to reduce symptoms of mental illness.
- Provides a taught component of specific communication skills to help employees to engage with other team members who are suffering from mental health problems.

Aims of the course:

- Enable delegates to recognise the signs of different mental health problems.
- Increase awareness and reduce stigmatisation of mental health problems.
- Recognise how mental health problems can impact the work environment.
- Provide delegates with techniques and interventions to help others or themselves to cope with mental health difficulties.

This one-day masterclass provides delegates with an introduction to stress and resilience. The course is designed to teach employers / employees effective tools to enable them to manage their stress and improve their resilience.



Management mental health awareness training

- 6 weekly sessions or intensive one-day masterclass

(up to 12 delegates)

Suitable for employers / managers who are responsible for other members of staff / teams. The course has been designed to train managers to be able to recognise mental health problems in the workplace, and equip them with the right skills to be confident communicating and helping members of their teams with mental health difficulties, and be able to confidently use some of the leading interventions available to reduce mental health difficulties and improve mental health and wellbeing.

Course content:

- Introduction presentation and workshop that introduces the group to information about absenteeism, presenteeism, and what we can do to help our team members.
- Major diagnoses in mental illness including; stress, depression, and anxiety.
- Communication skills.
- Practical ways to improve the workplace environment and reduce the stigma surrounding mental health.

Other services:

Individual training

We offer personal development plans, communication skills training and coaching.

Guest Speakers

At Psychology Wales we have a wide range of experienced health professionals each with their own unique areas of expertise. You can book one of our experienced professionals as a guest speaker to come to your place of work and talk about a mental health topic of your choice.

Commission an article

At Psychology Wales our highly qualified members of staff are experts in their individual fields of psychology. We can write articles about mental health topics relevant to your organisation. These can include; content for mental health campaigns, website content, and specific articles for publications.

Counselling drop-in service

One of our trained counsellors can spend an allocated amount of time at your place of work, whereby employees can 'drop-in' and speak with them regarding any issues that they have. This service is confidential, and employees can gain relevant support, sign-posting and advice.

Online surveys

We offer an on-line survey service where we design a bespoke survey to enable organisations to receive detailed feedback about the health and wellbeing needs of their employees. This service includes; design and use of our online surveys, detailed analysis, report and recommendations for future mental health and wellbeing strategies.

Employee health and wellbeing checks

Weight, BMI, blood pressure and health and lifestyle advice.

Consultation for the development of workplace mental health and wellbeing strategies

We offer guidance, support and development packages.

Research commission service

Other courses we offer:

- Depression
- Anxiety
- Bereavement
- Self-esteem
- Mood disorders
- Eating disorders
- Recognising mental health disorders & signposting
- Suicide & self-harm
- Managing mental health at work
- Customer support & mental health training
- Helping employees return to work
- How to manage stress

2 hour
workshops





"Really good, positive and can see real value for myself and my organisation."

Previous course delegate

Psychology Wales

19-20 Goldtops
Newport
NP20 4PH
South Wales

t: 01633 547261

m: 07714 247791

e. enquiries@psychologywales.co.uk

w. www.psychologywales.co.uk

