



Improving mental health at work

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

Benefits of a wellbeing strategy:

- 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
- 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



Whether your company is large or small we have a package to suit your needs.



Executive mental health awareness training

- Intensive one day masterclass or six weekly sessions

(up to 12 delegates)



Suitable for senior members of large organisations
(directors, board members, shareholders & stakeholders)

This course supports delegates in understanding why awareness of mental health is important for the productivity and profitability of their organisation.

Delegates are taught how to successfully promote and support wellbeing strategies throughout their organisation which are frequently identified as being essential to successful outcomes in staff mental health and wellbeing. Delegates are encouraged to consider their own mental health and wellbeing needs.

Course content:

- How to implement wellbeing strategies within your organisation.
- Refresher training on mental health and its impact on profitability.
- Workshop about absenteeism, presenteeism, and how to reduce these.
- Introduction of major diagnoses in mental illness including; stress, depression, and anxiety.
- How to implement and sustain cultural change.
- Strategic mental health planning and implementation.



“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



Management mental health awareness training

- Intensive one day masterclass or six weekly sessions

(up to 12 delegates)



Suitable for employers,
line managers & supervisors

Line-managers are ideally positioned to make the biggest difference to mental health in the workplace.

This course is suitable for anyone responsible for departments and teams. It has been designed to train delegates to be able to recognise mental health problems in the workplace and equip them with the right skills to be confident with communicating and supporting members of their teams with mental health difficulties and use some of the most effective interventions available to reduce mental health difficulties and improve mental health and wellbeing.

Course content:

- Presentation and workshop that introduces the group to information about absenteeism, presenteeism, and what we can do to help our team members.
- Communication skills.
- Practical ways to improve the workplace environment and reduce stigma surrounding mental health.



Mental Health & Wellbeing Advisor Training (MHWA)

- Intensive one day masterclass accredited by Psychology Wales

(up to 20 delegates)

Having mental health and wellbeing advisors in your organisation is a smart, effective and sustainable way to drive the wellbeing agenda of your company. Additionally, mental health and wellbeing advisors act as a preventative measure that organisations can quickly and easily act to alleviate the risks of stress and poor mental health in the workplace.



Suitable for wellbeing
advisors & champions

This course teaches delegates how to use specific techniques and methods to promote mental health and wellbeing within your organisation.

Following the programme each delegate receives an MHWA accreditation with Psychology Wales.

Modules:

- How to champion and promote relevant health messages and events at their place of work.
- How to promote health & wellbeing activities to colleagues.
- How to provide relevant information to colleagues about their workplace's health & wellbeing programme.
- How to signpost colleagues to relevant services.
- How to promote a healthy culture within the workplace.
- Understanding main diagnoses in mental illness including; stress, depression, and anxiety.





Improving employee mental health and wellbeing

- Intensive one day masterclass or six weekly sessions

(up to 12 delegates)



Group course suitable for employees with an interest in learning about mental health and specific strategies used to enhance and improve their mental health and wellbeing.

The course is based on cognitive behavioural therapy (CBT) and teaches people specific techniques and methods that can be used to improve mental health and subsequently overall 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.



“The course was well structured and informative; very useful tips and advice and it has definitely helped me to manage myself better.”

Previous course delegate

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





“Real value for myself and my organisation.”

Previous course delegate

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