



## Level 3 Award in Understanding Mental Health in the Workplace for Managers



This Level 3 award is designed to help develop your own personal growth and support you in understanding mental health within the workplace, how it may affect employees and how managers can help support them. This award will be split into two units.

### How long will it take?

This award will take you either one full-day session or two half-day sessions.

### What are the assessment requirements?

You will complete two multiple-choice tests.

### Unit 1 : Introduction to mental health, mental ill health and wellbeing

- Understand mental health and wellbeing
- Understand how mental ill health affects the experience of individuals
- Understand mental health continuum
- Understand ways to self-manage own wellbeing

### Unit 2 : Mental health in the workplace for managers

- Understand the moral, financial and legal rationale for supporting wellbeing in the workplace
- Understand the relationship between mental wellbeing and the workplace
- Understand ways to engage in a mental health conversation with employees
- Understand ways to support employees in relation to their mental health and wellbeing
- Understand the absence management and return to work process in relation to mental health and wellbeing
- Understand ways to manage manager's own wellbeing in the workplace