



Mental Health Skills for Managers

It has never been more important to invest in the mental health and wellbeing of your people. Research from Deloitte found that 61% of UK employees that had left their job or planned to leave said this was because of poor mental health. To create mentally healthy workplaces it's vital to build supportive relationships between managers and team members.

Delivered by workplace mental health experts, this evidence-based, four-hour training promotes a healthy performance culture. It gives managers the skills and confidence to have conversations about mental health and encourage staff to seek early support.

By investing in the course you will:

- Encourage your people to thrive
- Increase talent retention
- Reduce the impact of presenteeism and long-term sickness absence

Your managers will learn to:

- Feel confident having open conversations about mental health with their team members
- Identify if an employee may be experiencing poor mental health
- Appropriately signpost to available support
- Role model good self-care practice and know where to go for support and guidance for themselves

Why choose MHFA England® training?



MHFA England are the workplace mental health experts



Evidence-based courses grounded in research, rigorously tested, and developed with input from clinical experts and those with lived experience of poor mental health



Research shows our courses make a lasting impact in people's knowledge and confidence around mental health



MHFA England Instructor Members attend a training programme accredited by Royal Society of Public Health (RSPH), ensuring a quality assured and consistent training experience knowledge and confidence

Find out more

Get in touch today to provide your managers with a consistent approach to mental health and wellbeing, and promote healthy performance across the whole organisation.

To learn more or book onto an upcoming Mental Health Skills for Managers course, please contact:

