

SUPERVISING MENTAL HEALTH



Supervising Mental Health

Our Supervising Mental Health two-day classroom course equips learners with the skills to recognise a wide range of mental health conditions and understand how to provide the right level of support. Over 12 hours, participants will learn how to initiate supportive conversations, signpost individuals to appropriate professional resources, and create a positive mental health culture in the workplace.

Who Should Attend?

This course is ideal for supervisors, managers, HR professionals, and those responsible for overseeing the well-being of employees. It is suitable for individuals who want to develop the ability to have non-judgmental conversations, recognise early signs of mental health issues, and guide colleagues to seek professional help when necessary.

Key Course Features

- Duration: 12 hours over two days
- Location: Classroom-based training
- Group Size: Limited for personalised learning

Topics Covered

- Understanding mental health and the role of a Mental Health First Aider
- Providing practical support and advice for mental health conditions
- Recognising and managing stress
- Understanding the effects of substance abuse on mental health
- Mental health first aid action plan and how to implement it
- Promoting a positive mental health culture in the workplace
- Overview of mental health disorders and the professional support available

Learning Outcomes

By the end of the course, participants will:

- Develop confidence in initiating supportive conversations and guiding individuals towards appropriate resources
- Be able to identify signs and symptoms of common mental health conditions
- Understand how to apply the first aid action plan for mental health in the workplace
- Gain insight into professional support services for mental health

Assessment and Certification

- Continuous assessment through group activities, case studies, and classroom discussion
- No formal exam, but participants should have a good understanding of spoken and written English

Course Requirements

- A good understanding of English is required for participation
- If you have concerns regarding language proficiency, please contact us in advance

Learning Environment

- Interactive classroom sessions with practical group work
- Supportive, face-to-face learning with experienced tutors
- Focused study environment away from the workplace for maximum engagement

For further details or to book your place please call us on 01794 330925 or email info@carlinltd.co.uk

Speak with our Learning and Development Director today to design a bespoke training solution that perfectly aligns with your organisation's goals and industry.

Focused on delivering the right solutions for our clients