

Event Programme

Managing Mental Health includes i-act Promoting Positive Mental Health and Wellbeing. 20 April by Webinar



Who should attend?

This accredited i-act course for managers is aimed at supporting Managers to improve wellbeing and helping them to support other employees who may experience a mental health or wellbeing issue. Includes and expands on the Royal College of Psychiatrists accredited i-act course designed to help managers prevent stress and mental health issues occurring in the workplace

Why attend?

This Course will:-

Give Managers a greater understanding of how to manage mental health and wellbeing issues and help them recognise when colleagues may need further help and support.

Provide practical tools for promoting positive wellbeing in work to help build resilience for ourselves and colleagues.

Offer guidance and advice on how Managers can connect with colleagues who may be experiencing a mental health or wellbeing issue.

Advise Managers of the requirements of the law with regard to Mental Health and Wellbeing

Equip Managers with practical tools, a resource pack and signposting to further help and support concerning mental health and wellbeing issues.

The course comes with a 168-page evidence-based course manual, toolkit and resource pack, which includes over 50 practical tools and over 95 agencies/organisations to refer to as well as over 225 reputable references, researched by leading academics in the field.

The course highlights what managers need to know regarding legislation and HSE.

Free access to all of the on-line i-act resources

Programme

09.00	Welcome and introductions
09.15	i-act Understanding Mental Health
10.00	i-act Types of Mental Health Issues
10.45	Break
11.00	i-act model Improve Wellbeing Advocate Support Connect with People Take Tools and Advice
12.30	Lunch
13.00	Mental Health and HSG65
14.30	Final questions and close

