

Negative impacts of poor mental health support

Staff can develop mental health illnesses such as :

- Anxiety Presenteeism
- Stress
- Depression
- Bipolar

disorder

Reduced staff productivity costs organisations E42 billion to £45 billion a vear.

25% of people left a job due to mental health or wellbeing issues during their career.²



70 million work days are lost every year due to mental ill health.³

Supporting mental health in your workplace

How our training supports staff who are struggling

Our mental health first aid gualifications deliver a practical approach to mental health first aid, based on real life scenarios. Our Adult one and two-day courses are Level 2 and Level 3 awards, from awarding organisation FutureQuals, meaning they are nationally recognised qualifications.

Our mental health first aid training course options are in place to update skills previously learnt on any mental health first aid course as well as provide managers with the tools to help with the wellbeing of their team.

Teaches staff to recognise that they might be struggling and how to support themselves to bounce back more effectively.

Managers will learn to recognise the early warning signs of poor physical and mental health and proactively support individuals who require assistance.



Mental Health First Aid Qualifications Level 2 and 3 awards, from awarding body FutureQuals. Designed and delivered by St John Ambulance

How our training helps staff thrive at work

Provides the designated mental health first aider with the skills to be able to manage a mental health episode that may occur in the workplace.



Mental Health: Workplace Skills Update & **Mental Health Supportive Conversations**

Delivered by St John Ambulance



Resilient You Training Course



Our course options provide managers with the confidence to initiate an empathetic conversation about mental health as well as refresh skills previously learnt on any mental health first aid course.

Enables staff to strengthen their inner drive and coping mechanisms to avoid the chance of burnout and illness, increasing their productivity.

Gives managers the confidence and skills to create a positive wellbeing culture in the workplace that allows individuals to thrive at work.



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sia.org.uk/workplacewellbeing

Positive impacts of investing in mental health support

Our courses can help your organisation to:

- Meet HSE recommendations
- Increase productivity
- Create a supportive culture
- Reduce staff sickness and turnover

Every £1 spent on wellbeing delivers a positive return on investment (average of

£5 for everv £1 spent).⁴





30% of business **costs** (£8 billion per year across the UK) could be saved through investment in wellbeing.⁵

Thriving



required.

Our mental health & wellbeing courses

- two of the major impacts of the

resources.

pandemic. All delegates are granted

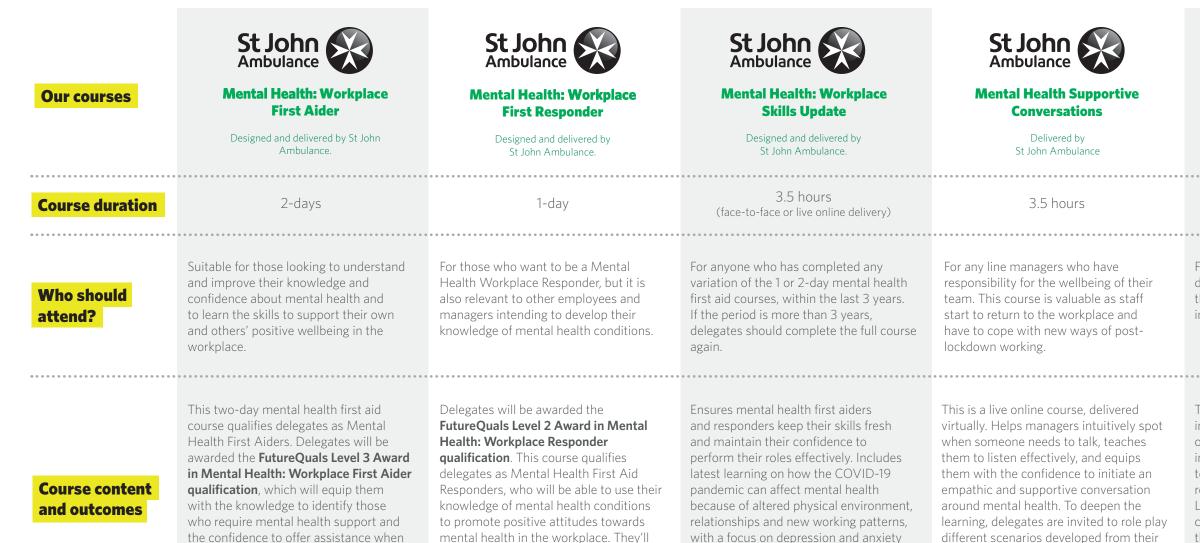
access to a free online toolkit and other

By combining our selection of mental health, wellbeing and resilience courses, organisations will be able to effectively support and manage the mental wellbeing of their staff.

co-worker profiles. Covers aspects of the

impact the COVID-19 pandemic can have

on mental health.



also play a key role in supporting line

who are returning to work after

experiencing a mental illness.

managers that are assisting individuals

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Resilient You



Resilient Manager

1-dav

1-day

For individuals to strengthen their inner drive and coping mechanisms to avoid the chance of burnout and illness, increasing their productivity.

The course educates and empowers individuals to take ownership of their own resilience and wellbeing. It teaches individuals what resilience is and how to build and maximise their own, whilst reducing their risk of fatigue and illness. Learning to adapt to uncertain times or change by thinking differently, to face the future with optimism and the tools needed to thrive in a challenging time. For managers and team leaders who want to gain an understanding of resilience, how to manage employee resilience and implement good workplace practices.

Gives managers the tools and skills to effectively support their own resilience, and the wellbeing of their teams. Managers will learn to recognise the early warning signs of poor physical and mental health and proactively support themselves and individuals who may need assistance. Managers will learn to create a positive culture in the workplace that allows people to thrive at work.