



WORKPLACE WELLBEING

Training Programmes & Workshops

Information Pack

**Investing in the mental health of your staff
can create a healthier, happier
& more productive team**

AWARE NI is the Depression Charity for Northern Ireland

Registered with The Charity Commission for
Northern Ireland NIC100561 . Company No. N.I. 30447

AWARE-NI.ORG



AWARE delivers a range of mental health and wellbeing training options to **staff, managers & mental health champions...**



17.9 million working days were lost to stress, anxiety or depression in 2019/20 in the UK and mental health issues cost the Northern Irish economy £3.4 billion annually.

By investing in our training programmes, you can improve employee productivity and performance, reduce absenteeism and create a positive work environment that fosters employee wellbeing.

OUR PROGRAMMES

MOOD MATTERS IN THE WORKPLACE

An introductory mental health awareness programme for employees delivered either online or on-site in workplaces at the employer's convenience.

SUPPORTING EMPLOYEE WELLBEING

A mental health awareness programme for managers equipping them with the skills and knowledge to support their employees' mental health.

IAMAWARE - E-LEARNING PROGRAMME

An interactive e-learning programme for employees and managers. It teaches attendees the key concepts around mental health and how to look after their own.

MENTAL HEALTH FIRST AID

Designed to create mental health champions. It equips attendees with the skills and knowledge they need to help someone with a mental health problem or in a mental health crisis.

MINDFULNESS IN THE WORKPLACE

A selection of mindfulness courses to create a more grounded, less stressed workforce.

FOLLOW-ON WORKSHOPS

We also offer a range of follow-on tailored workshops in areas such as stress management and unhelpful thinking.





MOOD MATTERS

WORKPLACE

A mental health awareness programme for all staff

An introductory mental health awareness programme for employees delivered either online or on-site in workplaces at the employer's convenience.

Learning Outcomes

This programme teaches skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in the workplace and your home life.

Duration

2 hours

Course Content

- What is mental health?
- Mental health in the workplace
- Self-help techniques for looking after our mental health
- Mental ill-health, including signs and symptoms of stress, anxiety and depression
- Sources of help and support

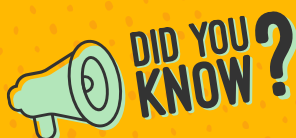
“



Our sessions with AWARE have always been informative, insightful and helpful. The tools and advice outlined in the session are excellent; everyone who attended this session related to something that was being discussed at one point or another. The host helped answer questions in a professional and friendly manner.

- Emma McPeake, Version 1, Belfast.

”



Mental health issues cost the Northern Irish economy £3.4 billion annually...

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OVERCOMING DEPRESSION.
CHANGING LIVES.



Supporting Employee Wellbeing

A programme to help managers support their employees

A mental health awareness programme for managers equipping them with the skills and knowledge to support their employees' mental health.

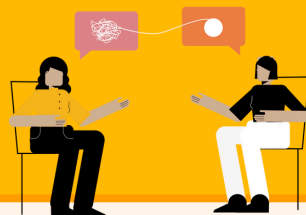
Learning Outcomes

This programme has been created especially for managers and team leaders to develop their skills and help them feel more confident and better equipped to support team members facing mental health issues.

Course Content

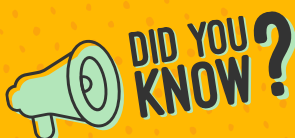
- Why mental health matters in the workplace
- Stages of mental health support
- Management and employee responsibilities
- Working from home and hybrid working
- Having a safe and supportive conversation with an employee in the workplace
- Help, support and signposting

Duration: 3 hours



Burnout among employees, such as stress, exhaustion and mental detachment from the job, can lead to reduced performance and staff absence, illness and even resignation.

Mental health and wellbeing must become a strategic priority for organisations of every size – not only to support employees experiencing anxiety and stress but also to prevent people from becoming overwhelmed and overworked in the first place (Deloitte).



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iAmAWARE

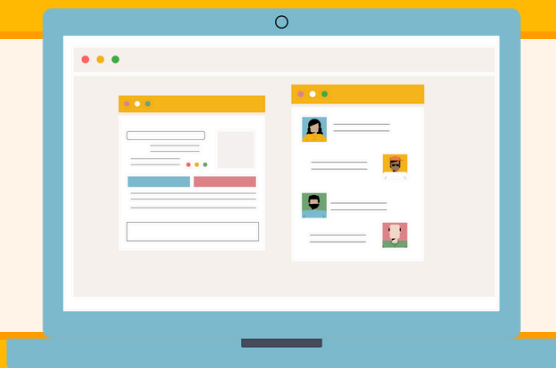
online wellbeing learning hub

An e-learning option if this suits your needs better

iAmAWARE is a workplace wellbeing initiative developed by AWARE, the depression charity for Northern Ireland, in partnership with Queen's University.

This interactive e-learning programme teaches attendees the key concepts around mental health and how to look after their wellbeing.

iAmAWARE uses evidence-based tools to promote mental wellbeing and teaches users to manage emotions and build personal resilience.

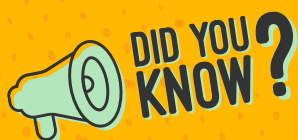


The programme contains a selection of learning modules which can be accessed individually or as part of a combined package. It also offers tailored modules for managers who wish to develop their skills in providing mental health support to their employees.

MODULES

- 1 Introduction to Mental Health**
- 2 Supporting Employee Wellbeing**
- 3 Mindfulness in the Workplace**
- 4 Stress Management**
- 5 Unhelpful Thinking**

Modules range from 30 minutes to 1-2 hours, and the total package consists of 6 hours of training.



28% of UK employees either left their job in 2021 or planned to leave it in 2022, with 61% of respondents saying this was due to poor mental health.



Mindfulness

IN THE WORKPLACE

A selection of courses to create a more grounded, less stressed workforce

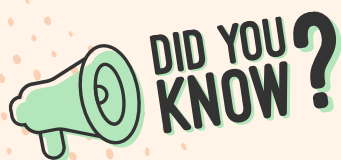
We offer a range of mindfulness programmes which can be tailored to suit your organisation's requirements. These can contribute to your Employee Assistance Programme (EAP).

Mindfulness teaches us to be fully aware of the present moment and our surroundings whilst not becoming overwhelmed by emotions or stress.

Practising mindfulness in the workplace can promote many benefits, including reducing workplace stress and anxiety while increasing motivation, performance, and job satisfaction and improving workplace relationships.

Options include:

- 1-2 hour 'Introduction to Mindfulness Practice' programmes
- Stress reduction mindfulness sessions
- Tailored 6-8 week workplace mindfulness programmes
- Workshops available for staff wellbeing days



Mindfulness in the workplace has been proven to improve employee focus, increase productivity and reduce absenteeism.

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A programme to create mental health champions within your workplace

A comprehensive course designed to equip people with the skills and knowledge they need to help someone with a mental health problem or in a mental health crisis.

Mental Health First Aid enables participants to provide appropriate intervention to someone in distress or a mental health crisis. First aid is given until the appropriate professional treatment is received, the person is in the care of medics, or the problem has been resolved.

Learning Outcomes

- Preserve life where a person may be a danger to themselves or others
- Provide help to prevent the mental health problem from becoming more serious
- Promote the recovery of good mental health
- Provide comfort to a person experiencing a mental health problem

Course Content

- What is meant by mental health/mental ill health?
- Dealing with crises such as suicidal behaviour, self-harm, panic attacks and acute psychotic behaviour
- Recognising the signs and symptoms of common mental health problems, including depression, anxiety disorders, psychosis, substance use disorders and eating disorders
- Where and how to get help
- Self-help strategies

Duration 12 hours. Split into sessions, delivered either online or in-person.

This is a certified course, licensed by the



Additional Workshops

We offer a range of follow-on workplace mental health workshops in stress management and unhelpful thinking.

Stress Management

Content includes:

- What is stress?
- Work-related stress
- Identifying the signs and symptoms
- Managing stress - self-help tools and techniques

Unhelpful Thinking

Content includes:

- How our thoughts impact our mental health
- Cognitive Behavioural Therapy - the five areas approach
- Unhelpful thinking styles
- Unhelpful thinking practices

These workshops last 1-2 hours

For more information on any of our workplace programmes or workshops, please email training@aware-ni.org

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CORPORATE PARTNERSHIPS

Fundraising and donations sustain our vital services as a non-profit charity. With corporate partners, we can expand our reach and impact more lives.

TOGETHER, LET'S CHANGE LIVES

We understand that the most effective partnerships benefit both parties.

How we support you:

- Personalised support to help craft your tailored fundraising plan;
- Boost your company's PR through our partnership showcased in online and offline media;
- Support to reach your corporate social responsibility goals;
- A calendar of AWARE-organised events and support organising your own bespoke challenges to boost staff engagement;
- Promote positive mental health and wellbeing among your staff with workshops and resources, including Mental Health First Aid;
- Recognition through the Investors in Mental Health Award (an AWARE initiative to mark significant contributions to the promotion of positive mental health in NI).

How you can support AWARE:

- Make AWARE services available to staff and customers/clients;
- Support our services and messaging to initiate conversations on mental health;
- Raise vital funds to support AWARE's services to continue and expand;
- Offer your staff volunteering opportunities in our support services and fundraising department. This includes training as Support Group Facilitators and assisting with Information Outreach events.

Email fundraising@aware-ni.org to find out more