



MOOD MATTERS

WORKPLACE

A mental health awareness programme for all staff

Mood Matters Workplace is an introductory mental health awareness programme for employees delivered by AWARE, the depression charity for Northern Ireland. The programme can be 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

3 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

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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.

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For more information, please email training@aware-ni.org

AWARE NI is the Depression Charity for Northern Ireland
AWARE-NI.ORG    

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AWARE
OVERCOMING DEPRESSION.
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