



Supporting Employee Wellbeing

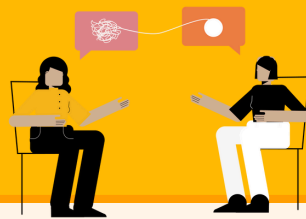
A programme to help managers support their employees

Supporting Employee Wellbeing is a mental health awareness programme for managers delivered by AWARE, the depression charity for Northern Ireland. It equips 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.

Duration: 2.5 hours



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

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).

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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