

Understanding workplace mental health and wellbeing

Senior managers

Managers & supervisors

Team members

Length: **All employees – 45 minutes**
Managers – 60 minutes

Format: **Online**

Limit: **Unlimited**

The eLearning module covers the two key strategies, improving mental health literacy and reducing stigma across an organisation, to promote workforce wellbeing. This encourages earlier and more effective help seeking behaviours and subsequently reduces the impact of mental ill health at an individual and organisation level.

On completion of the module, participants will:

- understand warning signs and stressors, changes in behaviour, how to respond, and where to seek support (for themselves and others)
- understand feelings and reactions and the importance of early intervention
- know how to model wellbeing behaviours
- be familiar with practical, evidence based coping strategies

The eLearning module consists of:

- three sections for all employees
- four sections for managers

The learner experience is optimised with a rich variety of multi-media interactivity. This includes video content which draws on personal stories of people who have a lived experience of mental health issues and have successfully re-entered the workforce, and how they maintain their mental health.